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ISLAMISTS STEP UP IN
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**MADONNA'S
BROTHER
SAYS HE'S
HOMELESS**
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Tuesday, October 25, 2011
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News worth sharing.



No laughs from Ford in comedy ambush

► Mayor, who has received death threats recently, says his five-year-old was scared

Mayor Rob Ford called 911 after being accosted outside his Etobicoke home around 8 a.m. yesterday as he was leaving for a council meeting at city hall.

The attackers turned out to be from the CBC comedy show *This Hour Has 22 Minutes*, which specializes in catching politicians unaware.

According to a neighbour, a woman brandishing a microphone jumped out of a dark blue Jeep and ran yelling toward Ford's driveway with a cameraman in tow.

The woman was 22 Minutes alumna Mary Walsh, in character as her alter ego Marg Delahunty and dressed as the outlandishly attired Marg, Warrior Princess, CBC spokesperson Chris Ball confirmed.



"Don't come to my house. I just hope someone

else doesn't do that again, because I just don't want anything else serious to happen."

MAYOR ROB FORD ON BEING ACCOSTED BY CBC CHARACTER MARG DELAHUNTY, PICTURED

Ford was furious at the ambush, saying he had no idea who was coming at him and that he heard the woman yelling, "We've got you Rob Ford, we got you." He retreated into his house and called 911.

TORSTAR NEWS SERVICE

► After growing up watching MuchMusic, Avril Lavigne returned to the station to chat with host Lauren Toyota yesterday on *NEW.MUSIC.LIVE* at MuchMusic headquarters. Avril was in town for The Black Star Tour, which lit up the Air Canada Centre last night. Check out what fans at the show had to say via Twitter.

COURTESY OF MUCHMUSIC

Wish you were there? Fans tweet Avril's show



@JamieCollins28: Love that my 9 year old daughter loves live music. At the Avril Lavigne concert with her. She is growing up fast

► **@stephdibiase:** I'm terrified of teenagers and I'm surrounded by a thousand of them. Avril also terrifies me. How am I here?
► **@MonicaKhattar:** At an Avril Lavigne concert...holy throwback lol

► **@juliaaa_xo:** #thatawkwardmoment when the floor section is half empty at Avril Lavigne's concert
► **@toruto032:** Im at Air Canada Centre. Watching Avril Lavigne concert!!!!!! So excited!!!!!!



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Private trash pickup OK'd

Starting next August, a private company will be collecting household garbage from 165,000 homes west of Yonge Street to the Humber River and from Lake Ontario to Steeles Avenue.

The campaign promise of Mayor Rob Ford was fulfilled when city council voted 26-16 yesterday to award the job to GFL Envi-

ronmental East Corporation, of Pickering.

The company, which collects garbage in Hamilton and Oshawa-Whitby, beat out other competitors by offering to do the work for seven years at a \$78.4-million saving, or about \$11.2 million a year less than unionized city workers.

Some 30 temporary

workers will be let go and about 210 permanent staff will be redeployed to other jobs in the city's solid waste division.

Council wasn't told how many workers GFL will utilize but city officials revealed the company intends to operate 77 trucks, 30 fewer than the 107 the city now uses in that area. **TORSTAR NEWS SERVICE**

Council. Vote



► Barbara Chiu, centre, executive director of the Toronto Chinese Business Association, prepares to talk to reporters at a protest at city hall yesterday against a proposed ban on the sale and consumption of shark fin. Council is expected to vote on the ban today.

DAVID RIDER/TORSTAR NEWS SERVICE

Shark fin supporters protest

Centenarian denied record

► But Toronto marathon participant took news in stride, trainer says
► 'Fauja (Singh) is actually oblivious to the Guinness World Records'

The 100-year-old U.K. man who completed the recent Scotiabank Toronto Waterfront Marathon isn't likely to lose any sleep over his exclusion from the Guinness World Record book, according to his trainer and interpreter.

The comment came after Guinness reported yesterday that it hasn't received proof of a birth certificate to confirm that Fauja Singh is the world's oldest marathoner.

"He wasn't aware of (the Guinness World Records at the time of the Oct. 16 race). And he's still not aware of them," said trainer Harmander Singh, no relation.

"For Fauja, the important thing was to cross that finishing line as the oldest runner at the age of 100, which, as far as he's con-

cerned, he's done."

Singh has a British passport that states he was born on April 1, 1911, but holds no birth certificate. Birth certificates were not issued at the time of Singh's birth in India, which was still an English colony at the time, according to Harmander Singh.

He added that Guinness has been presented with other documentation.

Guinness has not closed the door on the possibility of giving Singh the record, provided sufficient evidence is submitted.

TORSTAR NEWS SERVICE



Should the "Turbaned Torpedo" be awarded the

Guinness world record? Visit metronews.ca and take the poll to let us know. We'll publish the results in this week's Metro.



► Fauja Singh celebrates after crossing the line in the Toronto Waterfront Marathon in on Oct. 16.

1

news


President Obama announces a plan to help reeling U.S. homeowners repay upside-down mortgages. Scan the code for the story.

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Expect markets to be volatile until EU leaders finalize plans for solving the debt crisis. Allan Small has more at metronews.ca/investing

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► Sixty slicker-clad performing arts students took over Dundas Square yesterday for a flash mob in support of youth access to national parks and historic sites.

PHOTO COURTESY MIKE LAST

Student flash mob supports parks access

The kids went "urban camping" with Parka the Beaver to raise awareness for the My Parks Pass program of The Historica-Dominion Institute and Parks Canada, which provides all Grade 8 students with free access to Canada's heritage-rich national parks and historic sites from coast to coast.

Commuters stranded by York transit strike

- 560 employees start potentially long work stoppage
- 85 bus routes affected by labour dispute yesterday

The mood at bus stations across York region was particularly dreary yesterday morning as commuters found themselves caught in the crossfire of a transit strike.

Many York Regional Transit and Viva transit riders were running behind the clock and forced to plan alternate routes to work and school.

Kinesiology student Shawn Burokhi had to hop in a cab early yesterday morning to make it to his class at York University on time. His regular Viva bus route was disrupted by the labour dispute.

"It's frustrating," he said. "It cost me \$15 to get to school ... I'll probably have to take one home, too."

Mina Rey had to plan an alternate route to work yesterday morning after she discovered her bus was cancelled. A nurse at a York-area urgent care clinic, Rey said the strike meant she would be late.

"I'm supposed to be at work," she said, adding that her 20-minute commute was taking much longer.

Kaylee Park, a Ryerson University nutritional sciences student, had to hitch a ride with her mother to get to the Richmond Hill Centre early yesterday afternoon.

"It's taking longer than I planned," she said, adding that the strike would add an extra 30 minutes to her daily commute to downtown Toronto. **TORSTAR NEWS SERVICE**

560 on strike

- Yesterday was the first day of a strike by 560 York transit workers that threatens to be a long one.
- "If a two-week strike doesn't send a message maybe it'll have to be two months," said Bob Kinnear, president of the Amalgamated Transit Union Local 113, which represents 220 Viva workers employed by Veolia Transport.
- That group of drivers, mechanics and maintenance workers stood on the picket lines for two weeks in 2008.
- No new talks are scheduled with the three private companies that are contracted to run YRT and Viva bus service.

Controversial power plant still being built

Major work is continuing on a controversial Mississauga gas-fired power plant one month after Premier Dalton McGuinty's campaign pledge to stop it.

Progressive Conservative Leader Tim Hudak unveiled photographs taken yesterday showing a huge generator en route to the site near Sherway Gardens.

"This Mississauga power plant was supposed to have

been cancelled by Dalton McGuinty during the election campaign," Hudak told reporters at Queen's Park.

"It's now 18 days later and the plant is ... (still being) built. In fact, this is the most expensive component of what's probably a \$300 million to \$400 million project.

"Are they now breaking a promise only three weeks



► A massive generator en route yesterday to the Mississauga Power Plant that Premier Dalton McGuinty promised to cancel during the provincial election campaign.

CONTRIBUTED BY PC PARTY OF ONTARIO

after the election?" he said, suggesting McGuinty is up to "the same old tricks to waste money."

On Sept. 24, in a surprise move just 12 days before the tightest election in decades, the Liberals revealed the 280-megawatt plant would be moved to a different location.

But in a brief statement yesterday, newly minted Energy Minister Chris

Bentley, who was not available for comment, had no explanation for why the work is continuing.

"The Ontario government is committed to relocating the natural gas plant originally planned for Mississauga," said Bentley, adding the Liberals would "work with the company to find a suitable location for this plant."

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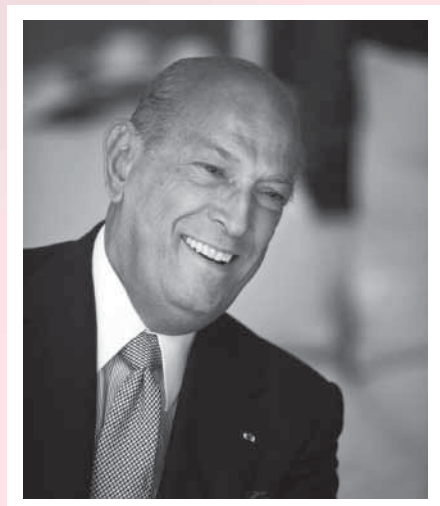
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Coroner to review cycling deaths

► First provincewide probe of fatalities will examine deaths from 2006 to 2010 ► Look for commonalities

It was still light out when Ryan Carriere was killed on Oct. 31, 2005, while riding his bicycle on Queen Street West. He was wearing a helmet, cycling in the curbside lane and obeying all traffic laws when a large truck turned in front of him.

Carriere — 31 years old and on his way home to take his two young daughters out trick-or-treating — was struck by the side of the commercial hauling truck and dragged into its undercarriage.

Carriere's widow, Megan Holtz, has not been able to get back on her own bike since her husband's death.

"I don't know that I will ever ride a bike again in this city."

Ontario's chief coroner announced yesterday that his office will investigate

"He was in exactly the right place for a cyclist to be on the road ... and yet he was still killed."

MEGAN HOLTZ,
RYAN CARRIERE'S WIDOW

five years' worth of cycling deaths in the province with the hope of preventing deaths like Carriere's while also making the roads safer for people like Holtz.

The first ever provincewide review of cycling deaths will examine fatalities from 2006 to 2010, try to identify common factors and make recommendations to prevent future deaths.

Although Carriere's death will not be included in the coroner's review, it helped provide a spark by

inspiring lawyer Patrick Brown to take up cycling safety as a personal pursuit.

It was Brown — along with fellow lawyer and cycling advocate Albert Koehl — who led a coalition of Toronto-based cyclists' and seniors' groups to petition the coroner to undertake this review.

"I committed to that family that once the civil case was done I would take steps to try to ensure this doesn't happen in the future," Brown said yesterday, explaining how he became involved in the issue.

About 15 to 20 cyclists are killed on Ontario roads every year, with roughly one-quarter to one-third of the fatalities occurring in the Greater Toronto Area.

TORSTAR NEWS SERVICE



► Megan Holtz, in her downtown home. Holtz's husband, Ryan Carriere, was killed while cycling on Queen Street West in 2005.

SIU investigating police chase, shots fired

A police chase ended in a car crash and shots fired by Halton Regional officers over the weekend, and the province's Special Investigations Unit is now investigating.

On Saturday night, Halton police in Oakville were following two cars believed to have been stolen from a movie theatre parking lot in Oakville. Police located the vehicles around 9 p.m., on North Service Road.

"The vehicles attempted

to flee the scene and shots were fired by police," the SIU said in a news release.

One of the cars fled the scene, travelling east on North Service Road and then became involved in a collision with a Halton police cruiser near the Third Line.

Witnesses said a bullet hole was visible in the side of the rear passenger door of a black SUV that had come to rest in a ditch after the crash.



► The SIU is investigating the shooting at North Service Road at Third Line.

More gunshots were fired by police at that location and a woman was taken to Hamilton General Hospital with a non-life threatening gunshot wound to the shoulder. The male driver fled the crash site and was later caught by police.

A police officer also received injuries to his hand. Halton police said he was not shot, but they did not say how he was injured.

TORSTAR NEWS SERVICE

Police pursuit

- It was not immediately known why police were trying to track the two vehicles in the first place, or what happened to the second vehicle that was not involved in the crash.
- Reports say police pursued a vehicle stolen from the movie theatre lot and the chase ended in a crash a short distance away.



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Same-sex couple turfed from Tims

- Church leader says two 'were straddling each other'
- Hundreds of people have joined Facebook protest

A southwestern Ontario minister says he was acting as a concerned father when he complained about a couple's public display of affection at a Tim Hortons in Blenheim last month.

Eric Revie of Glad Tidings Community Church says he was with his wife and two children when he asked the manager to tell the couple to tone it down.

Riley Duckworth, 25, of London, and her partner, Patricia Pattenden, 23, say they were told to leave the coffee shop because they are lesbians.

But Revie says at the time he thought it was a man and woman and found out the couple were the same sex after he

Invited back

► **Alexandra Cygal**, manager of public affairs at Tim Hortons, said it was not the store's intention to "offend or target anyone based on their sexual orientation."

► **She said the guests' behaviour** "went beyond public displays of affection and was making other guests uncomfortable."

► **The management has apologized** and invited the women back to the restaurant, Cygal said.

complained.

"There was a couple that were straddling each other, making out ... not just kiss-

ing, going further than that," Revie told a Chatham radio station yesterday.

"I had my children there. I asked the manager if she could ask them to tone it down," he said.

Duckworth said she and Pattenden kissed once or twice but denies they were groping each other. She said they were told "to leave within five minutes or the cops would be called."

They left to avoid creating a scene, she said.

Dozens of people, including friends, family and members of Pride Chatham-Kent, plan to demonstrate outside the coffee shop on Thursday.

THE CANADIAN PRESS

NDP. Leadership race



► **Peggy Nash** is poised to enter the leadership race for the federal New Democratic Party, sources said yesterday. Nash, the MP for Parkdale-High Park, has said she was seriously considering making a bid for the leadership, but had yet to declare her intentions. She is expected to make an official announcement this week.

VINCE TALOTTA/TORSTAR NEWS SERVICE

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Gadhafi remembered as martyr, benefactor, instigator across Africa

Moammar Gadhafi's regime poured tens of billions of dollars into some of Africa's poorest countries. Even when he came to visit, the eccentric leader won admiration for handing out money to beggars on the streets.

"Other heads of state just drive past here in their limousines. Gadhafi stopped, pushed away his bodyguards and shook our hands," said Cherno Diallo, standing yesterday beside hundreds of caged birds he sells near a Libyan-funded hotel in Bamako, Mali. "Gadhafi's death has touched every Malian, every single one of us. We're all upset."

While Western powers heralded Gadhafi's demise, many Africans were gathering at mosques built with Gad-

hafi's money to mourn the man they consider an anti-imperialist martyr and benefactor.

Critics, though, note this image is at odds with Gadhafi's history of backing some of Africa's most brutal rebel leaders and dictators. Gadhafi sent 600 troops to support Uganda's much-hated Idi Amin in the final throes of his dictatorship. And Gadhafi-funded rebels in Sierra Leone forcibly recruited children and chopped off limbs of their victims, many of them innocent civilians.

Some analysts estimate that the Gadhafi regime invested more than \$150 billion in foreign countries, most of it into impoverished African nations.

THE ASSOCIATED PRESS

Shadow of sharia looms in Libya

Tunisia's moderate Islamic party has declared victory in the weekend election. In Egypt, the Muslim Brotherhood stands to gain from next month's poll.

So an announcement that Libya's fledgling government plans to bring in a form of sharia law is sending shudders through Western countries that supported the rebels, and had high hopes that the Arab Spring would usher in a new era of democracy for North Africa and the Middle East.

It was particularly worrying after reports surfaced of more than 50 decomposing bodies found with hands bound, apparently executed by rebels in

Moammar Gadhafi's hometown of Sirte. That followed growing questions about the rule of law after Gadhafi's own death from bullet wounds as a captive.

On Sunday, Libya's interim leader, Mustafa Abdel Jalil — a former justice minister — told a cheering crowd in Benghazi that Libya was an Islamic country and "we take the Islamic religion as the core of our new government. The constitution will be based on our Islamic religion."

He pledged to reopen Islamic banks that had long been closed by Gadhafi, and roll back his ban on polygamy.

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► Libyan Transitional National Council chairman Mustafa Abdul-Jalil, centre, and Ali Tarhouni, Libyan National Transitional Council's minister for Oil and Finance, top centre back, pose with Libyan veterans after a press conference in Benghazi, Libya yesterday

Libyan leader orders probe of Gadhafi's death

► Interim leader forms committee to investigate amid conflicting reports of how dictator died ► Under strong international pressure to explain what happened

With Libyans lining up to view Moammar Gadhafi's rotting corpse for a fourth day, the country's interim leader promised yesterday to investigate how the longtime dictator was captured alive then killed a short time later.

Government officials have said initial findings suggest Gadhafi was killed in the crossfire as his supporters clashed with revolutionary forces seizing control of his hometown of Sirte.

But Mustafa Abdul-Jalil raised a new possibility yesterday, suggesting that Gadhafi could have been killed by his own supporters to prevent him from implicating them in past

"Free Libyans wanted to keep Gadhafi in prison and humiliate him as long as possible. Those who wanted him killed were those who were loyal to him or had played a role under him, his death was in their benefit."

LIBYA'S INTERIM LEADER, MUSTAFA ABDUL-JALIL

misdeeds under his regime.

"Let us question who has the interest in the fact that Gadhafi will not be tried. Libyans want to try him for what he did to them, with executions, imprisonment and corruption," he said.

The U.S., Britain and international rights groups have called for an investigation into whether Libya's former rebels

killed a wounded Gadhafi after pulling him out of a drainage pipe in his hometown of Sirte, the last city to fall to revolutionary forces after an eight-month civil war.

Critics also have said the gruesome spectacle of his blood-streaked body laid out as a trophy for public viewing — flanked by his slain son Muatassim and former defence chief Abu Bakr Yunis — in a

commercial freezer raises questions about the new leadership's commitment to the rule of law.

Several dozen people filed through the freezer to see the bodies yesterday, including a woman with five small children. Gadhafi was wrapped in a white, bloodstained sheet covered by a brown blanket that was bundled around him with a string.

"It's 90 per cent sure that Gadhafi will be buried tomorrow in an unmarked grave in a secret location," Ibrahim Beit al-Mal told The Associated Press, saying revolutionary forces don't want his grave to be turned into a shrine.

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Where refugees can dream

- ▶ Life a journey, not a destination for those living in Dadaab, Kenya
- ▶ Metro offers a glimpse inside the world's largest refugee camp

JORDAN POUILLE METRO WORLD NEWS



▶ Life has a label on it: The blue wristband will enable these children to benefit from emergency health care and food at Dadaab.



JORDAN POUILLE/METRO WORLD NEWS

In the middle of the desert, 100 kilometres from Somalia and 500 kilometres from Nairobi, Mohamed and Hussein, both 22, listen to an MP3 player on their plastic chairs while waiting for kids to be vaccinated. Since last summer, an epidemic of measles has been spreading all over Dadaab, a camp with 450,000 people. Ninety-seven per cent of them are Somali citizens who escaped their country because of drought, famine and lack of security. Dadaab refugee camp, established in 1991, has been getting bigger and bigger ever since.

Mohamed and Hussein work as nurses at the International Rescue Committee (IRC) hospital. In fact, it's only a bunch of white tents where newly arrived refugee families can get medical treatment and food for their malnourished children.

The young men have been assigned to the Kambobos annex, a new camp set up by UNHCR, the UN refugee agency, to relieve overcrowding in historical camps of Dagahaley, Agadera and Iffo.

Fortunately, a groundwater reserve has just been dis-

Dadaab camp

Dadaab, with a total area of 50 square kilometres and a population of roughly 450,000, is the largest refugee camp in the world.

covered here, food is provided by the UN World Food Programme on a daily basis but everything else — education, hospital, toilets and even security — is still lacking.

Mohamed and Hussein know too well what this is all about. There are Somali refugees who came here with their families when they were two years old. Mohamed often says, "I wish I could come back if my country was peaceful."

But will it ever be? In Somalia, al-Shabab fighters control most of the country including the outskirts of Dadaab refugee camp. Somali authorities have not been able to create a stable government for the last 20 years and African Union troops in Mogadishu are overwhelmed.

Canada, the United States and Britain are the few countries that offer exile to Somali refugees. A dozen of ex-Dadaab residents are now

enjoying scholarships in Canadian universities, for example. But competition is fierce and Mohamed believes he might never be able to leave Dadaab. Life is tough in the desert but he is thinking about settling down for real.

"I am going to start looking for a girlfriend here. I hope she will be educated and hard-working like me."

Once Mohamed gets married, UNHCR will give him a tent. He might want to start a small business with his brother, who studies at a Dadaab vocational school financed by the Norway Refugee Council. Here, young Kenyan locals or refugees learn how to cut hair, apply makeup, sew and even how to fix a radio receiver.

The school headmaster admits that it's hard to convince refugees to turn up at school everyday: "Some of our students have never seen their parents working, since everybody here relies on food supply. Our main task is to motivate them."

Mohamed and Hussein also discovered that their refugee situation made young local Kenyans jealous.

"We went to school and found a job. They did not."

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► Tunisian women hold a giant flag as they demonstrate in Tunis against electoral fraud.

Islamist party takes lead

► Poor results for Progressive Democrats, billed as defenders of secular values

The main Islamist party contesting Tunisia's landmark elections appeared to have made a strong showing, with the first official results yesterday indicating it had won half

the seats reserved for Tunisians living abroad.

The success by the moderate Ennahda party for the overseas seats is expected to be replicated domestically as votes

continue to be counted from the Sunday election.

In a surprise second place in many constituencies was the CPR of long-time human rights activist Moncef Marzouki, accord-

ing to party and electoral officials. Marzouki is known less for his political beliefs than for his high-profile criticism of the old regime's repression.

THE ASSOCIATED PRESS

Money woes may close WikiLeaks, Assange says

WikiLeaks founder Julian Assange said yesterday that financial problems may lead to the closure of the notorious secret-spilling site at the end of this year.

"If WikiLeaks does not find a way to remove this blockade we will simply not be able to continue by the turn of the new year," he said. "If we don't knock down the blockade we simply will not be able to continue."

WikiLeaks said in a statement yesterday that it would stop publishing for the moment in order to focus on making money — explaining that the blockade imposed by financial companies including Visa, MasterCard, Western Union and PayPal left it with no choice.

The statement says that in order to ensure survival, WikiLeaks must "aggressively fundraise in order to fight back against this blockade and its proponents."



► Julian Assange at a news conference in London yesterday.

U.S.-based financial companies pulled the plug on WikiLeaks shortly after it began publishing some 250,000 U.S. State Department cables last year. The group says the restrictions starved it of nearly all its revenue.

The group has long shown signs of financial distress. In a recent statement about Assange's contested book deal, the group said it did not have enough money to hire a lawyer. THE ASSOCIATED PRESS

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► Lily the Great Dane, left, and Maddison, her best friend and guide dog at the Shrewsbury Dogs Trust care, in Telford, England.

Pair of Great Danes inseparable

► Dogs are up for adoption ► One is blind and dependent on the other

An animal shelter in London has been inundated with offers of help after it requested a home for a pair of Great Danes — one of which is blind, and totally dependent on the other.

Shelter manager Louise Campbell says 6-year-old Lily, and Maddison, 7, are inseparable and should be kept together if possible. Lily has had her eyes removed because of a rare medical condition.

The two were placed in the Shrewsbury Dogs Trust care in July but no home has yet been found. Campbell says some prospective owners are uncomfortable with Lily's appearance.

Campbell said yesterday publicity about the dogs' plight has prompted more than 200 responses in recent days with many people expressing an interest in taking the dogs in. **THE ASSOCIATED PRESS**



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Mom pleads guilty in virginity sale case

A Utah woman accused of trying to sell her 13-year-old daughter's virginity pleaded guilty in Salt Lake City yesterday to two sexual exploitation charges for having the girl model in her underwear for men.

The 33-year-old woman had also faced two first-degree felony counts of aggravated sex abuse of a child — and up to life in prison — but prosecutors agreed to drop those charges in ex-

change for her plea. She now faces up to 30 years in prison at sentencing Dec. 5.

Authorities said the woman offered her daughter's virginity to a man in April in exchange for \$10,000 US.

Initially, the girl agreed to the arrangement and modelled twice in a bra and underwear for the man. Police said the girl then changed her mind.

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► This photo, titled Toronto at dusk, was submitted to the Photo of the Day category by johnmitchellphotography of Toronto.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22.

Great white shark kills solo diver

► Third fatal attack in two months ► Scientists dismiss Jaws scenario, saying three sharks likely responsible

The sudden death of an American diver in the jaws of a great white shark off Australia's southwest coast has raised the spectre of a rogue man-eater preying on a renowned aquatic playground.

George Thomas Wainwright, 32, was attacked while diving solo off a boat near the city of Perth on Saturday. His two companions said the diver was already dead when his body surfaced beside their boat.

COURTESY OF WANDA BRANNON/THE ASSOCIATED PRESS



► George Wainwright

The shark, a three-meter great white, surfaced and even nudged the dive boat as Wainwright's

friends hauled in his remains and powered for shore, officials said.

A great white of the same size is believed to have taken a 64-year-old Australian swimmer off Perth city's premier Cottesloe Beach on Oct. 10.

The attacks followed the Sept. 4 death of a bodyboarder attacked by a shark described as 4.5 metres long at a beach south of Perth.

THE ASSOCIATED PRESS

UTAH HIGHWAY

Crash creates a buzz

A portion of an interstate in southern Utah has reopened after a truck hauling about 25 million bees overturned, freeing the insects.

Authorities closed the southbound lanes of the roadway near St. George for several hours Sunday night after the crash.

The road reopened early yesterday morning.

Utah Highway Patrol Cpl. Todd Johnson says many of the insects dispersed, but the truck's driver and passenger — and at least two law enforcement officers — were stung. No serious injuries were reported.

The hives have since been moved to nearby pastures in hopes the bees will return. Authorities had been recommending drivers in the area keep their windows closed.

THE ASSOCIATED PRESS

Twin blasts rock Kenya's capital

Grenade blasts at a blue-collar bar and a crowded bus stop rattled Nairobi yesterday, killing one person and wounding 20.

The attacks came two days after the U.S. warned of "imminent" terror attacks, implying Somalia's al-Shabab would carry out reprisals for Kenyan troops' invasion of Somalia in mid-October.

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Bittersweet

- Cristina Fernandez is Latin America's first woman to be re-elected as president.
- She described the victory

as bittersweet, since her late husband, Nestor Kirchner, who died of a heart attack last Oct. 27, wasn't there to share it.

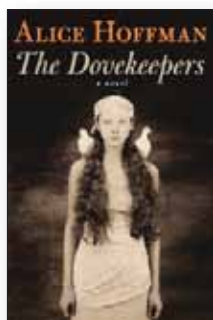
- The 58-year-old Fernandez

chose her 48-year-old, guitar-playing, hoodie-wearing economy minister, Amado Boudou, as her running mate and potential successor.

IN CONVERSATION

Alice Hoffman

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Indigo

► Argentina's President Cristina Fernandez gestures to supporters at the Plaza de Mayo square next to vice-president-elect Amado Boudou, left, after general elections in Buenos Aires on Sunday.

**Fernandez makes Argentine history**

► Vows to continue policies that reduced income gap between rich and poor by nearly half since 2003

President Cristina Fernandez, 58, has been re-elected with one of the widest victory margins in Argentine history by persuading voters that she alone, even without her late powerbroker husband, Nestor Kirchner, is best able to keep spreading the wealth of an economic boom.

Fernandez had nearly 54 per cent of the votes cast in Sunday's election. Her nearest challenger got

94%

According to IMF numbers for 2002 to 2011, Argentina's GDP has grown 94 per cent — twice the rate of Brazil.

just under 17 per cent.

"You can count on me to continue deepening this national project for the 40 million Argentines," she

vowed in her victory speeches before thousands of supporters.

The goal of this "project" is to profoundly change society by using Argentina's resources to raise incomes, create jobs, restore the country's industrial capacity, reduce poverty and maintain an economic boom that has seen the country grow and reduce poverty.

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Carney on the move?

► But first, Bank of Canada governor expected to keep rates super-low

Canadians will be hearing a lot about Bank of Canada Governor Mark Carney in the next two weeks.

Leaders of the G20 group of nations are ex-

pected this week to privately settle on the 46-year-old Canadian central banker as the next head of the Swiss-based Financial Stability Board.

The announcement won't come until the leaders meeting in France late next week, but sources say Carney is all but certain to get the job, barring any

unforeseen veto.

The appointment to the FSB would place Carney at the forefront of international banking reform.

THE CANADIAN PRESS



► Bank of Canada Governor Mark Carney

Airline challenges arbitrator's ruling

The fragile labour peace between Air Canada and the union representing its customer-service workers could be in jeopardy after the airline challenged an arbitrator's ruling on pensions, the union's head said yesterday.

In court filings, Air Canada takes issue with the decision to create a dual-structure pension plan for new hires and wants a federal court to review how the arbitrator reached his binding decision in June.

CAW national director Ken Lewenza said Air Canada's request amounts to a violation of the collective agreement.

The arbitrator sided with

"These guys think they're bigger than the law. They think they're bigger than collective bargaining."

KEN LEWENZA,
CAW NATIONAL DIRECTOR

the union's proposal for a hybrid pension plan.

But the company says arbitrator Kevin Burkett unfairly accepted a last-minute CAW offer that amended the pension terms it was seeking. It said the offer was made after each side submitted what were supposed to be their final offers.

THE CANADIAN PRESS

Market moment

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+ 212.79 (12,162.28)	+ 0.55¢ (99.69¢ US)	+ \$3.87 US (\$91.27 US)	\$3.604 (- 2.5¢)
			Gold
			\$1,652.30 (+ \$16.20)

PHOTO BY J. P. M. AUSTIN

Meat sector urges quick deal with South Korea

Canada's meat industry says it stands to lose hundreds of millions of dollars a year unless Ottawa moves more quickly to sign a free-trade agreement with South Korea.

Earlier this month the United States signed such a trade deal, which will mean its beef and pork producers will face much

lower tariffs than their Canadian counterparts.

South Korea is one of Canada's largest pork markets and was once Canada's fourth-largest beef market.

The Canadian Cattle-men's Association says the lack of an agreement will hurt its plan to export \$65 million in beef products annually to the country.

South Korea closed its border to Canadian beef during the mad cow disease scare, but has agreed to resume accepting some beef products.

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DIY COSTUME TRICKS A TREAT

SHE SAYS ...

JESSICA NAPIER
METRO



All right made-up holiday enthusiasts, October 31st is just around the corner and while some of us like to plan elaborate costume concepts months ahead of time, I'm sure plenty of you are still scrambling to figure out what to wear come Halloween night. Before you spent \$50 on a lame store-bought pirate costume (oh look, another Captain Jack Sparrow), you might want to consider what you're trying to achieve on the most spooktacular night of the year. Whether you're going for scary, sexy or something else entirely, here are a few do-it-yourself costume ideas with various outcomes.

Objective: Upstage all of your friends in an inappropriate fashion.

Costume: Pippa Middleton (bridal edition).

What you'll need: Body-hugging white dress, fake British accent, show-stealing caboose.

Objective: When it comes to Halloween, you want people to know that you're totally over it.

Costume: Brooklyn hipster.

What you'll need: Plaid shirt, ironic mustache, Moleskin notebook filled with passages from your favourite posts on Thought Catalog. Remember to keep your "I'm so bored" face on for the entire night.

Objective: Finish all of that leftover self-tanner you've been meaning to throw out.

Costume: Lindsay Lohan mug shots through the ages.

What you'll need: Three friends, blond wigs, orange jumpsuits. Don't forget to practice your parole-breaking smirks beforehand.

"Ryan Gosling in Drive ... If you can pull this off, call me."

Objective: You're not exactly sure what swooning looks like, but you'd like to find out.

Costume: Ryan Gosling in Drive.

What you'll need: Satin scorpion jacket, driving gloves, smoldering good looks. If you can pull this off, call me.

Objective: Inspire others to question whether it's "too soon" for your costume.

Costume: Steve Jobs.

What you'll need: Black turtleneck, jeans, iPad, questionable sense of timing.

Objective: Accumulate enough mini Snickers bars to last you until mid-December.

Costume: Good-natured parent.

What you'll need: Comfortable walking shoes, flashlight, pillowcase, borrowed child willing to share the goods (this might be hard to find).

Objective: You want fellow partygoers to roll their eyes and call you a tool.

Costume: Charlie Sheen.

What you'll need: Bowling shirt, fedora, vials of #tigerblood, a couple of blonde women willing to act as your "goddesses" for the evening (even harder to find than the aforementioned candy-sharing child).

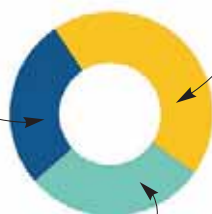
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What do you think of the end of Gadhafi?

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44%
HE WAS A BRUTAL DICTATOR AND DESERVED WHATEVER CAME TO HIM.

29%
HE SHOULD HAVE BEEN CAPTURED AND DEALT WITH THROUGH THE RULE OF LAW.

Worth mentioning

SHUTTLECOCKS. Russian President Dmitry Medvedev promoted the game of badminton in his video blog yesterday, describing it as the choice of those who seek success.

Dressed to play and holding a badminton racket, he told viewers that the sport helps not only in developing physical fitness and quick reactions but in learning to make decisions in life.

"Those who play badminton well can make quick decisions, which means they have the will to achieve success," Medvedev said in the clip posted on the Kremlin website.

He is then shown playing the game with Prime Minister Vladimir Putin, the two of them hitting a shuttlecock back and forth in an otherwise empty sports hall.

Medvedev's video clip was intended to promote badminton in Russian schools, but it was met with some ridicule on the Internet — even on his own edited blog, where Dmitry Yermolayev suggested that he should be worried about "more global issues than the type of physical education in schools."

THE ASSOCIATED PRESS



photo of the day

► This photo titled Red Cloud was submitted to the Colours of My City category by Carla Henriques from Portugal.



Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Vette stalls theft dead in its tracks

A would-be car thief allegedly armed with an axe has learned a powerful lesson from a powerless car parked in a Prince George, B.C., driveway.

RCMP Cpl. Craig Douglass said yesterday that Brent Jameson Morgan, 20, allegedly jumped into the idling Corvette just as the owner was putting away a charger used to revive the sports car's dead battery.

The owner watched in disbelief as the suspect rolled up the power windows, locked the power doors and

promptly stalled the vehicle

The shocked owner wasn't able to take any action because the man in his car was brandishing bear spray, Douglass said.

With not enough juice in the battery to restart the car, the suspect was trapped inside the Corvette after failing to break the window with the victim's anti-theft steering wheel lock and an axe in his backpack.

"As it turns out, all the suspect would have had to do was manually slide the door lock to the side and the door would have opened," Douglass said.

Morgan has been charged with theft, mischief, possession of break-in instruments and one other charge.

THE CANADIAN PRESS



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Felicity Jones bares all

► The Like Crazy star dishes on the movie's heavily improvised, non-stop filming style

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METRO WORLD NEWS IN HOLLYWOOD

British actress Felicity Jones makes a name for herself with *Like Crazy*, a lyrical, honest portrayal of a young couple (Jones and Anton Yelchin) dealing with the harsh realities of romance at odds with the practical world. It's a bold, emotionally honest performance, and one Jones had to maintain throughout shooting — the heavily improvised film was shot nearly round-the-clock, with the two leads never knowing what exactly would make it on screen. An odd working experience, to be sure, but one Jones says changed her life.

You were pretty much in character around the clock for this movie. How was that?

You just have to live and breathe it for the time that you're making the movie, so you don't have the mind-space to think about anything else but that. And so we were all at a point in our lives where we wanted and were able to just completely immerse ourselves in this project. And so we just spent every minute of the day with each other. It became this rather intimate triumvirate with Drake, Anton and I. We all felt that we wanted to make something unusual and wanted to be brave and not be conventional.



► Felicity Jones says that filming *Like Crazy* nearly around the clock and in a heavily improvised way changed her life.

How has your approach to other projects changed after working this way?

I found after *Like Crazy*, it was a revolution in many ways, in that all the ideas I'd had about acting and about performance were completely changed. And after *Like Crazy*, I felt this incredible calmness that I'd never had before. As an actor, because you don't have control over the whole product, you become quite the perfectionist. But after *Like Crazy* I suddenly just felt more relaxed about letting things

be, and that the whole ethos of improvisation is that things will happen, and interesting creative things will happen if you relax. And I took that mantra with me. I think every few years there's a job that completely changes everything, and *Like Crazy* was one of those jobs.

The film skips over a lot of the bigger, more traditional movie moments for a romance.

What's interesting is — because we shot so much

footage and the takes are so long — is that you just keep going until you find something interesting. You can be filming 40-minute takes and things like that. It was really unclear where the story would go, and actually things that were in the outline that were in the original script didn't end up in the final film. I was so surprised when I first watched it that you spend so little with them when they're actually enjoying their relationship. That's such a small part of the

Vital stats

- **Name:** Felicity Jones
- **Age:** 27
- **Past Work:** The Oxford-educated actress has appeared on camera in such British staples as *The Tempest*, *Brideshead Revisited* and *Doctor Who*
- **Earning acclaim:** Jones won a Special Jury Prize at the 2011 Sundance Film Festival for her performance in *Like Crazy*
- **Up next:** Jones can soon be seen in the BBC thriller *Page Eight* and *Hysteria*, about the invention of the vibrator. She also recently completed filming a second feature with *Like Crazy* director Drake Doremus.

film, and in the original script that was half the movie.

That summer courtship montage does go by incredibly fast.

Exactly, exactly. But in a way I think that's what makes it so powerful, because as an audience you feel like, "I want more of that!" Which is how they feel. It's exactly what we want. We want to manipulate your emotions.

How do you decompress from making a film like this?

Um... lots of alcohol (laughs). Don't put that in. Just reading and watching movies, and moving very little from the couch to the kitchen is the main thing.

2

scene

Scene in brief



Janet Jackson is rescheduling part of her Australian tour so she can support her family during the trial of the doctor accused of involuntary manslaughter in her brother Michael's death. Dr. Conrad Murray is on trial in Los Angeles. He is accused of being negligent in his care of the superstar, who died in 2009 of an overdose of the anesthetic propofol at age 50.

THE ASSOCIATED PRESS



Conan O'Brien, Jack Black, others to salute Will Ferrell as he wins top U.S. humour prize.



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TUESDAY, OCTOBER 25, 2011

In the skin of a genius filmmaker

- ▶ Antonio Banderas teams up with Pedro Almodóvar — once again
- ▶ The Skin I Live In is about survival, identity and power, says Banderas



STEVE
GOW
SCENE@METRONEWS.CA

It's been 21 years since Antonio Banderas worked with Pedro Almodóvar — the Spanish filmmaker that turned him into an on-screen star.

Now he's returned to the auteur for the provocative thriller *The Skin I Live In* and Banderas has barely noticed a change.

"(Pedro) was pretty mature actually in the '80s when we were doing all of those movies," said Banderas during a recent interview in Toronto.

"The logical progression for a director like him is searching always for himself and he became more minimalist, more austere and more profound."

Those are flattering words for the influential two-time Oscar-winner behind such films as *Volver* and *Talk to Her*.

Perhaps known best for exploring controversial themes of desire, passion and identity, *The Skin I Live In* only expands on those ideas.

"This movie is about survival, it's about identity, it's about power," said Banderas.

"Knowing him for almost 32-33 years now, this movie is more Almodóvar than Almodóvar."

Based on Thierry Jonquet's novel *Tarantula*, Banderas plays a plastic surgeon who keeps a beau-



▶ Antonio Banderas plays a modern-day Frankenstein in *The Skin I Live In*.

tiful woman hostage as he develops and tests a new artificial skin that is sensitive to touch.

As a modern-day Frankenstein, Banderas was careful not to play it over-the-top.

"He's one of those characters that your normal tendency is just to go big with him because you can show some acting muscles. But Pedro contained me totally from the beginning."

While Banderas admits his next movie — November's big-budget *Shrek*

spinoff *Puss in Boots* — was certainly fun to make, Banderas insists his love of independent film will never be in jeopardy.

"Movies serve many different purposes," said Banderas about the difference between Hollywood blockbusters and art-house drama.

"(But) people like (Pedro Almodóvar) are needed — people who want to reflect on the human condition and com-

"The logical progression for a director like him is searching always for himself and he became more minimalist, more austere and more profound."

ANTONIO BANDERAS, SPEAKING ABOUT PEDRO ALMODÓVAR

ferent narratives and different ways to tell stories."

If it ain't broke...

The collaborative works of Banderas/Almodóvar:

- ▶ Labyrinth of Passion (1982)
- ▶ Matador (1986)
- ▶ Law of Desire (1987)
- ▶ Women on the Verge of a Nervous Breakdown (1988)
- ▶ Tie Me Up! Tie Me Down! (1990)
- ▶ The Skin I Live In (in limited theatres October 28th)



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AT YOUR SERVICE

**TOP CONCIERGE MICHAEL FAZIO
TALKS CUSTOMER SERVICE**

page 2

**NOT SURE
WHO TO TIP?
CHECK OUT
OUR GUIDE
TO TIPPING**

page 3



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CONFESSIONS OF A CONCIERGE

MICHAEL FAZIO OPENS UP

Looking for tickets to a playoff hockey game, a backstage pass to the hottest show in town, or a reservation at the newest five-star restaurant?

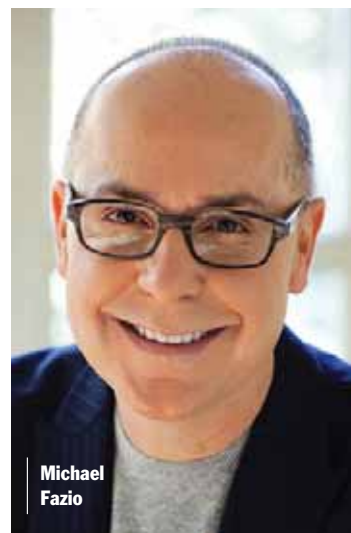
Just ask Michael Fazio. With experience as an assistant to Hollywood superstars, the co-founder of Abigail Michaels Concierge in Manhattan and one of the city's top concierges "loves pleasing people like an entertainer and knows how to handle demanding requests."

Fazio says a good concierge is accountable to his customers, takes ownership, provides service as a one-stop shop, and has passion for

discovering new and fun entertainment and other outings for customers.

It's not unlike travelling with a Credit Card company such as American Express, he says. You're in good company with American Express because it provides the same types of services as a concierge: access to shows and events, and assistance anywhere in the world.

"Take advantage of the rewards programs that may be offered by your credit card as well," says Fazio. Some Credit Card companies such as American Express let Cardmembers book theatre tickets, hotel stays and great dining experiences using Membership Rewards points, so be sure to look into what might be available.



Michael Fazio

HERE TO HELP

When you're away from home, breaking the heel on your shoe, spilling a glass of wine on your coat, or losing your

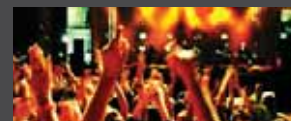
cellphone can feel like a big deal — and it is.

But speak to the concierge at the hotel where you're staying, says Michael Fazio. "We can help with everything."

For bigger problems, be sure to book

your trip using a Credit Card that takes care of you while you're away. Fazio uses American Express because it provides worldwide Global Assist, which means that no matter where you are in the world, help is just a phone call away.

GET CONNECTED



HEMERA/THINKSTOCK

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- Take advantage of programs such as *Front Of The Line*® by American Express that allows Cardmembers to purchase tickets to some of the most popular events before they go on sale to the general public.

- Choose companies that reward you for your loyalty — whether it's a complimentary upgrade at your favourite hotel, an exclusive shopping night, or being able to use your American Express Membership Rewards points for an off-Broadway show.

- Use the concierge at your hotel for things such as restaurant reservations. "We already have the contact," says Fazio, "and we're able to talk you up."

SERVICE TIPS FOR EVERYDAY TRAVEL

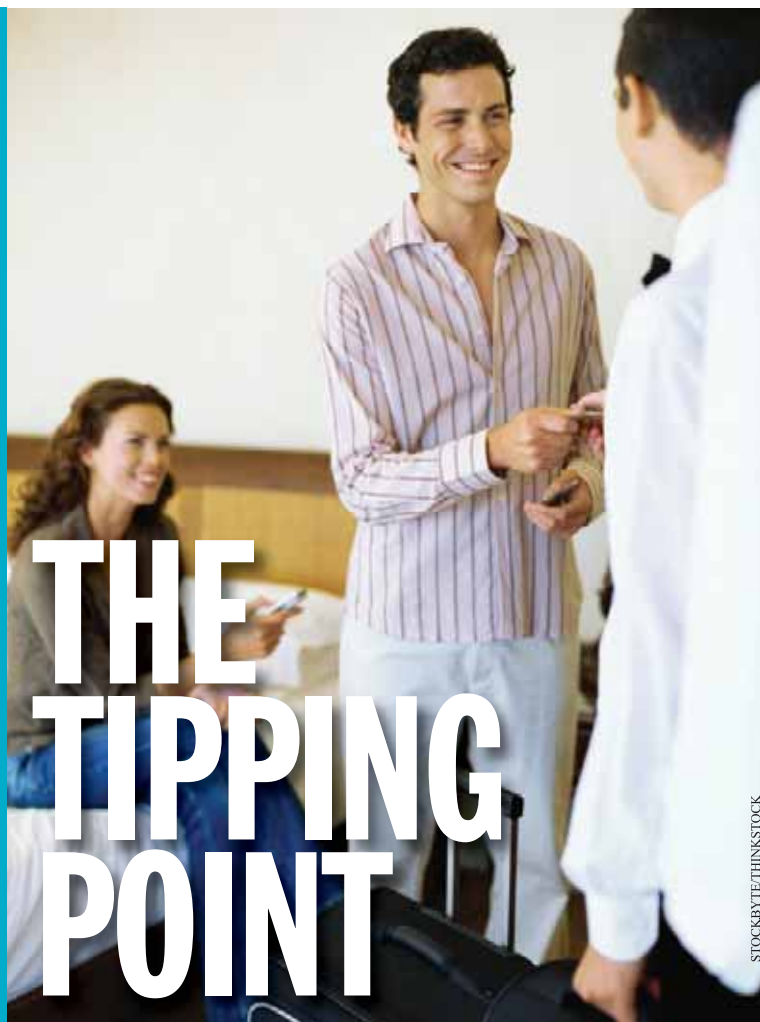
When it comes to everyday service, Michael Fazio provides these sure-fire tips to take your daily experiences from drab to fab!

- Choose companies that reward you for your loyalty. American Express Membership Reward points, for example, offer everything from an exclusive shopping night to using reward points for a free weekend getaway.

- Be polite. According to new research from American Express, 88 per cent of consumers agree that when they treat a customer service professional with respect, they usually get the same service and better back!

- Forge a friendship. There's a reason loyalty programs exist and why people have their "regular" tables — they've earned it by building a relationship with the company and the staff. Treat service people like they're on your team, and they'll go to bat for you.

- Choose your brands carefully. Remember, any company you do business with has relationships with other companies ... and you often benefit. For example, the *Front Of The Line*® program by American Express provides Cardmembers with early and exclusive ticket access to shows and events through their theatre, music, travel and culinary partnerships.



THE TIPPING POINT

Many travellers are often confused about who to tip and how much, whether they're away for a simple spa weekend south of the border or on an ambitious holiday abroad.

And customs do vary. In many Asian destinations — particularly Japan — tipping isn't part of the culture, while in Europe, service charges are already built

into your bills. In North America, and much of Central America and the Caribbean, giving a gratuity is up to you.

But when you can tip, you should, suggests Anthony Pollard, president of the Hotel Association of Canada. "Good service deserves a tip at home or away. It respects and recognizes the person serving you."

WHAT HAPPENS...

If you lose your credit card, what should you do?

CANCEL THE CARD first and foremost, says Marc Hollenberg, Vice President of Customer Experience, American Express Canada. American Express's Identity Defence service¹ requires just one call — "then we take care of contacting all your card companies."

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¹ American Express's Identity Defence is a paid service



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TAXI Ten to 20 per cent of the fare is usual, plus \$1 to \$2 per bag handled.

AIRPORTS AND TRAIN STATIONS Tip skycaps and porters \$1 to \$2 per bag.

HOTELS AND RESORTS Tip \$1 to \$2 to door staff for hailing a cab, to bellhops for each bag, and to restroom attendants (a fixture in Europe). Tip 10 to 15 per cent to room service, and \$2 to \$5 to valet-parking attendants per transfer, and to housekeeping staff per guest per day or more if you've left a real mess.

RESTAURANTS, PUBS AND BARS Tip 15 to 20 per cent of the bill (some restaurants add a service charge for parties or large groups; ask when you make reservations). Tip the maitre d' \$10 to \$20 for special arrangements.

TOP TIPPING TIPS

- ✓ Ask your travel agent or check online for tipping advice for foreign countries.

- ✓ Check restaurant and room-service menus to see if a standard service charge is included.

- ✓ Determine if local currency is preferred for cash tips. Be discreet with cash and give it directly to the right person.

- ✓ Don't refuse to tip restaurant wait staff, unless the service was downright surly. If it was, talk to the maitre d' or the manager.

- ✓ Don't forget charter-boat crew, tour guides and tour and airport shuttle-bus drivers. Give a \$2 or \$5 tip each, per trip. — *By Emily Gillette*



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WHAT TYPE OF TRAVELLER ARE YOU?

TAKE OUR QUIZ TO FIND OUT

1. WHEN SELECTING A HOTEL, YOU LOOK FOR ONE WITH...

- (A) A concierge, a spa and a five-star restaurant
- (B) A comfortable bed and good service
- (C) Proximity to tourist attractions



2. WHEN ATTEMPTING TO NAVIGATE THROUGHOUT YOUR TRAVEL DESTINATION, YOU LOOK TO...

- (A) The concierge and only the concierge
- (B) Local residents you pass by on the street
- (C) Your GPS and mapping apps on your smartphone



3. YOUR IDEA OF A GREAT VACATION MEAL IS...

- (A) Five-star restaurant with celebrity chef and organic, gluten-free cuisine
- (B) Local fare from a street vending cart
- (C) A well-known, brand-name restaurant in the hotel

4. GETTING SPA TREATMENTS DURING YOUR HOLIDAY IS...

- (A) An absolute must while on vacation
- (B) A nice way to spend an hour
- (C) A great way to end your trip

5. YOUR EXCURSION GUIDE WAS RUDE AND OBNOXIOUS. WHEN HIS HAND EXTENDS FOR A TIP, YOU...

- (A) Just stare
- (B) Reluctantly offer the standard rate
- (C) Tell him you've already emailed complaints about his inappropriate behaviour to the tour company and a number of travel review websites

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**Captain America:
The First Avenger****Genre:** Action**Director:** Joe Johnston**Stars:** Chris Evans, Hugo Weaving, Samuel L. Jackson
🌐🌐

Captain America was always among the least modern of the Marvel Comics heroes, born of Second World War jingoism rather than 1960s idealism and angst.

So it's entirely fitting that his Marvel-branded movie debut should seem from another age, in a film skillfully wrought by Joe Johnston (*The Rocketeer*).

Set in 1942, with Nazi bloodlust graphically represented by the loathsome villain Red Skull (Hugo Weaving), Captain America: The First Avenger looks as if it were made to shown as an old-time movie extravaganza, complete with newsreels. It's non-ironic and retro cool.

Chris Evans, who also plays the Human Torch in *Fantastic Four* films, stars as the Steve Rogers, the scrawny U.S. soldier turned biofreak behemoth.

Steve is not only a one-man army, but also a walking recruitment poster in his stitched-together Captain America tights, which of course are red, white and blue.

As creation sagas go, Captain America tops two other starters from the su-



perhero summer of 2010, Green Lantern and Thor, and dovetails nicely with his coming turn in next year's *The Avengers*.

● PETER HOWELL

Pearl Jam Twenty**Genre:** Documentary**Director:** Cameron Crowe**Stars:** Eddie Vedder, Stone Gossard, Jeff Ament
🌐🌐

For a band that always insisted it wanted nothing to do with rock stars, Pearl Jam Twenty is a contradiction in terms. Cameron Crowe's chronicle of the Seattle grunge quintet's first two decades is undeniably thorough, but it's also weirdly self-aggrandizing.

Crowe, a former Rolling Stone writer and Seattle rock insider, is celebrating a legend that the band members always denied. Pearl Jam members have long professed to never wanting to be anything more than musicians.

But they sure can talk, when Crowe's camera prods them to. The Pearl Jam lads spend a great deal of time reminiscing about their problems with fame.

They're serious to a fault. On the plus side, this is a must-see movie for dedicated Pearl Jam fans, and I do mean dedicated.

● PETER HOWELL

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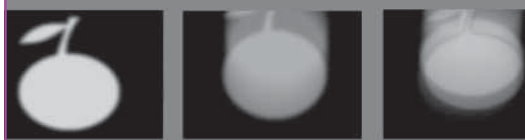
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► Madonna's brother living under a bridge ► Says family hasn't helped

Madonna's second oldest brother, Anthony Ciccone, is homeless and living under a bridge in Traverse City, Mich., he tells local news site the Michigan Messenger.

"My family turned their back on me, basically, when I was having a hard time," the 55-year-old says. "You think I haven't answered this kind of question a bazillion times — why my sister is a multi-bazillionaire and I'm homeless on the street? Never say never.



► Madonna

This could happen to anybody."

Ciccone says his troubles started when he lost his job at his father's Suttons Bay winery more than a year ago.

• METRO

ROBERT, LET'S TALK ABOUT YOUR FACE

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Quit playing games with my heart, Robert Pattinson's facial hair.

These photos of the star sporting various beards and goatees over the weekend are the photographic equivalent of putting ketchup on a fine cut of filet mignon: Why ruin such perfection?

On Saturday, the star was snapped with a full beard (and, might I say, horrific sunglasses; was he going for the chubby John Lennon look?) at the Roissy Charles de Gaulles Airport in Paris where he met up with Twilight co-star Ashley Greene. The two are in



► Robert Pattinson cleans up (sort of) with a goatee.

town to do promotion for the latest tween blood-sucking installment of The Twilight Saga: Breaking Dawn - Part 1.

Luckily, on Sunday night, he cleaned up for the red carpet for the film's Paris premiere by shaving his beard down to a goatee (he also donned a sleek Dolce and Gabbana suit, which helped). That goatee we ladies can live with. But if you go full-on Brad Pitt/Mark Twain goatee, we're going to have to talk, Robert.

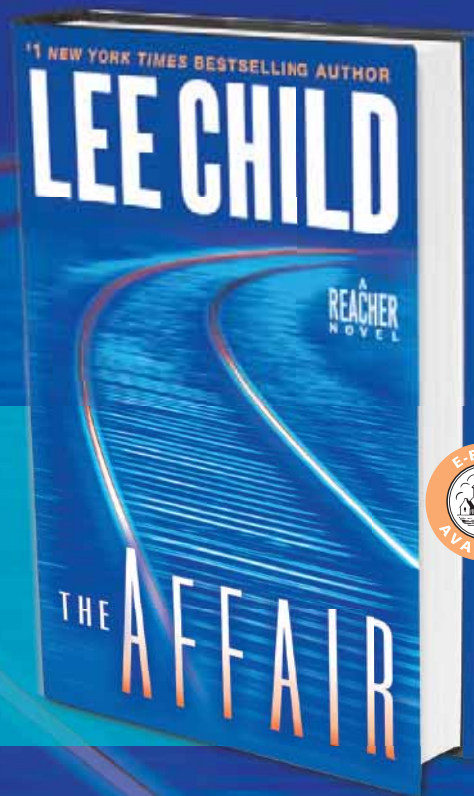
HOW IT ALL BEGAN

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► Experts warn that you are playing a dangerous game if you are trying to cut calories so that you can drink.

Cutting weight to drink

► New study shows that “drunkorexia” more common among young women

CELIA MILNE
LIFE@METRONews.CA

Saving calories to go drinking?

The idea of rationing food so there are calories to spend on alcohol is not new. Girl groups laugh about it. College students do it. But it could be a dangerous habit for those in your group who have social and anxiety problems.

Sixteen per cent of college students in a recent U.S. survey admitted to combining disordered eat-

ing and binge drinking. The practice — which has been coined “drunkorexia,” was three times more common in women than men, according to research at the University of Missouri.

“The report doesn’t surprise me and I’d imagine there could be a similar pattern in Canadian students,” says Lauren Dixon, a social worker in the Eating Disorders and Addiction Clinic at the Centre for Addiction and Mental Health (CAMH) in Toronto.

Drunkorexia is not a

formal diagnosis but rather an identified pattern of behaviour, she adds. The appeal for students is that they prevent weight gain, get drunk faster and save money.

But kids are toying with powerful forces here, warns Dixon.

“If it’s a trend among friends to use alcohol meal-replacement, some young women in the group may be significantly more vulnerable than others to have the behaviour develop into a full-fledged eating or alcohol disorder.”

Both problems emerge, she says, from the same fundamental difficulty with managing emotions and social interactions.

Victoria Osborne, from the University of Missouri, warned that drunkorexia can have shorter-term consequences such as having difficulty concentrating, being more at risk for violence, engaging in risky sexual behaviour, developing alcohol poisoning, and damaging vital organs. Her research has not yet been published or peer-reviewed.

Getting help

What you need to know

► **Advice** Some people who regularly skip food and then binge drink are at risk for serious eating disorders and alcohol dependence. If you’re worried about a friend or family member, let them know you’re concerned and tell them you understand, suggests Lauren Dixon, a social worker in the Eating Disorders and Addiction Clinic at the Centre for Addiction and Mental Health (CAMH) in Toronto.

3

life

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 TUESDAY, OCTOBER 25, 2011

Best Health Minute



BONNIE MUNDAY,
 EDITOR-IN-CHIEF,
 BEST HEALTH
 MAGAZINE

The secret to staying

young Research from McMaster University suggests that endurance exercise might help fight, and even reverse, the signs of aging such as balding, grey hair and thinning skin.

What is endurance exercise?

Aerobic activity, such as brisk walking, running or cycling, that improves cardio-respiratory fitness. And the longer you do an aerobic activity, the better your endurance.

So, how was the study done?

It may sound strange, but the lead researcher had mice with physical characteristics comparable to a middle-aged person do 45-minute runs three times a week. Their



ISTOCK PHOTOS

skin became tighter, and their fur grew back and stopped turning grey. The theory is that exercise produces hormone-like chemicals that have a beneficial effect on tissues. Of course, building

your endurance takes time. But the potential of finding the fountain of youth seems like a pretty good incentive to me.

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WILL IT WORK FOR ME?

Laser Therapy is equally effective for both men and women. Most participants will see tangible response within a short period of time after commencing treatment, with results enhanced as the program continues.

In fact, past studies have shown a 93% increase in hair among the respondents using Cold Laser Therapy. For those clients not able to come to our clinic on a regular basis, a home laser program is available.

During your initial consultation and assessment, it will be determined if you are a good candidate for Laser Therapy. If so, your results are assured and backed by our exclusive guarantee.



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Learn how to be that breast cancer husband

► Author answers questions you may be afraid to ask

"Stop talking and listen to your wife saying how much cancer sucks," says Marc Silver, author of *How To Be a Breast Cancer Husband*. He answers questions you could be too scared to ask.

How do I deal with the news?
Your wife needs husbandly support. The worse thing you can do is go into denial. It may be a human reaction, but it's a selfish one. None of us want to become caregivers but if your wife is feeling lonely and bereft, she needs comfort from the one she loves.

How do we tell the kids?
If there is the slightest bit of uncertainty, wait to be sure before you break the

news. Lay out the facts to them but place more emphasis on the good prognosis. Kids can tell if you're lying so be honest with them. Have a weekly update with them on the situation.

What do I do when she goes bald?

A man doesn't expect his wife to have a shiny scalp. Many women find it harder to lose their hair to chemo than breasts to surgery. A bald head is an instant cancer giveaway, the size of her cleavage isn't. Your wife should be ok to walk around the house without her wig. If you're a Star Trek fan, tell her you now love her even more bald.

Can we have 'chemo' sex?

Can we have sex during chemo is an awkward question to ask an oncologist. It's possible to maintain intimacy during chemo. The loss of physical touch is a huge loss and if you pull back she'll think you no longer find her attractive. There are other ways of being connected intimately.

● ROMINA
McGUINNESS



Make her comfortable at home.

Thoughts on Grace

BEAUTY. Grace is always with us. It flows through our lives, artfully reminding us that there is magic and power beyond what our eyes can see. At times we catch its subtle beauty, like during chance meetings, near misses and insights that seem to come from nowhere. Grace exists in all situations, in every moment, yet all too often we overlook its presence. Imagine how it would feel to live an entire day in grace, to fully appreciate that your day is unfolding in absolute perfection. By living this one day in grace, you might open the door to many more. **NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.** AWAKENINGSCANADA.COM

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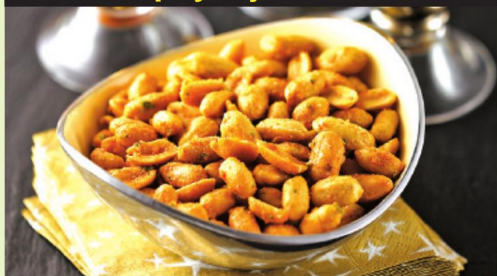
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Sweet & Spicy Cajun Roasted Nuts



Preparation:

1 Preheat oven to 300°F (150°C). Line baking sheet with parchment paper. In bowl, whisk egg white until frothy. Then whisk in sugar and seasonings until blended. Add peanuts; stir to coat.

2 Spread nuts on prepared baking sheet. Roast in oven, stirring couple of times until nuts are golden brown and mix is barely sticky, 25 minutes. Taste, adding more salt if needed.

Cool completely, breaking up nuts as they cool. Store in an airtight container for a couple of weeks. **NEWS CANADA/PEANUTBUREAU.CA**

Ingredients:

- 1 egg white
- 1/4 cup (60 mL) granulated sugar
- 1 tsp (5 mL) Kosher salt
- 1 tsp (5 mL) dried thyme leaves
- 3/4 tsp (4 mL) each cayenne and garlic powder
- 2 cups (500 mL) unsalted peanuts

Pizza gets handy makeover

► Staying true to its name, The Mad Italian remakes pizza into Zazzu Hot Cones ► The portable snack is unique but topping combinations need work

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA



I am all for more portable food.

After all, how often do you not eat because you're on the run?

Zazzu Hot Cones (currently only available at The Mad Italian) are exactly what they sound like — dough cones filled with



► Zazzu Hot Cones from The Mad Italian.

► **The Mad Italian**
589 College St. (at Clinton) and 581 Bayview Ave.
maditalian.ca
Reservations: No
Licensed: No
Quick solo lunch: Yes
Client negotiations: No
Rating: 2.5 out of 5

sauce, cheese and toppings, then baked for five minutes.

The bonus of these portable pizzas is that they're extremely easy to eat with just one hand. And because the ingredients are stirred together before being cooked,

everything remains cohesive instead of items collapsing to the bottom like in panzerottos. There are no drips either.

There are four varieties to choose from: Pepperoni (\$5.49) is the best, closely followed by Meatball (\$5.49), as they offer the

most texture.

The Vegetarian (\$5.49) and Margherita (\$3.99) don't work — a cone of cheese and soft veggies just isn't enticing enough on its own. In fact, it's kind of gross.

These intriguing snacks need more work.

Spice up apple season in savoury way

► Get this skillet chicken dish bathed in a sweet-savoury sauce of apples and onions on the table in 30 minutes

Curried Apple Chicken Sauté is a great way to use apples in something other than pie or apple sauce. It serves four.

Preparation:

1 In skillet over medium-high heat, melt 15 ml (1 tbsp) of butter. Season chicken on both sides with salt and pepper,

then add half of it to pan. Cook 3 minutes per side, then transfer to a plate. Add remaining 15 ml (1 tbsp) butter and repeat with remaining chicken. Transfer second batch to plate, cover with foil and set aside.

2 Return skillet to heat and add onion. Sauté 4

minutes; add cinnamon, curry powder and paprika. Sauté 30 seconds, then add apples. Toss well to coat, then cover pan, reduce heat to low and cook 5 minutes until apples tender.

3 Uncover pan and stir in vinegar. In glass, mix water and cornstarch,

then add to skillet. Stir, then bring to a simmer. Return chicken to skillet, cover with sauce, then cover skillet and cook 8 minutes or until sauce thickens and chicken is fully cooked. Season with salt and pepper. Serve chicken with apple sauce spooned over it.

THE ASSOCIATED PRESS

Ingredients:

- 30 ml (2 tbsp) butter
- 4 boneless, skinless chicken breasts, pounded to an even 1-cm (1/2-inch) thickness
- Salt and black pepper
- 1 yellow onion, diced
- 2 ml (1/2 tsp) cinnamon
- 2 ml (1/2 tsp) curry powder

- 1 ml (1/4 tsp) smoked paprika
- 2 baking apples (such as Cortland or Granny Smith), peeled, cored and finely chopped
- 30 ml (2 tbsp) cider vinegar
- 125 ml (1/2 cup) water
- 15 ml (1 tbsp) cornstarch

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YOU MAY BE A PRIZE CATCH, BUT IF THE TIMING AIN'T RIGHT ...

I'm a guy who usually doesn't have a problem getting women, but recently I met a girl I really liked and after only a couple of dates, she broke it off. This kind of thing has happened to me before. Why is it that when I really like a girl, it doesn't work out, but when I'm only half into it, I'm really successful?

Quantity Over Quality

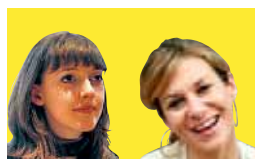
Andrea: Dear Q,

I wouldn't worry too much as you're already at a distinct advantage over most of your peers: you know what it's like to be successful in the first place.

You just have to maintain that same mindset and use it when approaching or dating a "high quality" woman.

Tell yourself that she's just another girl.

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

If you're still unsuccessful, break down your behaviour into manageable components: How do you act physically around the girls you really like?

Do you fail to keep eye contact?

Ask the same of your verbal cues. All these little mannerisms need to be corrected to convey the same confidence you would generally have with

a girl you're not as interested in. Good luck!

Claire: Dear Q over Q,

If I knew the answer to your very good question, I'd be rich. We've all been there, and let's face it, we all secretly think we are awesome and above aver-

age and how could she not have noticed it?

So, assuming you didn't embarrass yourself by being too keen and suggesting baby names for your first child together, here's what I think happened: Bad timing.

The older we get, the

more important timing matters, even if you're the best catch since Brad Pitt.

If you met this girl and the timing is wrong for her, you're screwed, and not in the good way.

Touch base with her in a month or so, be light and friendly and see where it

leads. If not, she loses, and you now have a new criteria to include in your search for the ideal woman.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

DON'T FORGET YOUR MANNERS ON HALLOWEEN

CHARLES THE BUTLER



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Is there such a thing as Halloween etiquette?
Anonymous

Interestingly enough, yes there absolutely is good Halloween etiquette. Below are six simple guidelines to help you have a fun and great Halloween season.

1. Never cross through the flowerbeds going from house to house. Always walk up the driveway or walkway.

2. Repeatedly ringing the doorbell is rude and unnecessary. When you arrive at the door, ring the doorbell once and wait for the door to be answered.

3. When answering the door, don't over-scare trick-or-treating toddlers.

4. Don't be greedy. If you're offered a large bowl



► If your child is offered a large bowl of candy while trick-or-treating, make sure they don't take a huge handful.

of candy, take a little bit, not a huge handful, and always say thank you!

5. If the party invitation says "wear a costume," you are required to wear a costume.

6. The hours for trick-or-treating are dusk to 9-ish and then it really needs to come to an end.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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Dan Hill – Grammy- and Juno Award-winner – perform signature hits like “Sometimes When We Touch” and “Can’t We Try.” The Legendary Downchild Blues Band will also take the stage – still going strong after nearly 40 years. Gospel, opera, and the all-instrumental magic of Pavlo keep the music mix vibrant.

On October 30th, the ZoomerShow adds Sass Jordan (singer, actress,

Solid Gold Concert, featuring the music of The Beatles, The Doors, and The Rolling Stones.

If the Main Stage isn't quite close enough, you've got a chance to win something more intimate: a private concert, in your home, with the identical twin singing duo, Ryan-Dan. Ryan and Dan Kowarsky arrived on the music scene



Hear the legendary Downchild Blues Band perform a selection of it's hits

winner of Junos, judge of would-be Canadian Idols) and Voices of Showtime, a collection of male vocalists and musicians recreating the sounds of the Big Band and Pop eras. Both days wrap up with a

at age 17, after performing an unplanned concert for executives at Sony Music Canada. Enter the contest and they may be doing the same thing for you.



RyanDan live on the Main Stage

SPECIAL SHOW OFFER: Get a full one year subscription of ZOOMER magazine and one year CARP membership plus a double admission to the show for only \$20 (savings of over \$25) See show desk on site for details and how to register.



Sass Jordan live



DR. MARLA SHAPIRO TELLS YOU HOW

Be there when Dr. Marla takes the stage this Saturday, October 29, at the Aspirin81mg ZoomerShow's Talk Theatre. She'll tackle the tough topic of osteoporosis, delivering a 45-minute presentation packed with tips and tactics to help prevent the disease, or manage it.

Among her many honours, Dr. Marla has won the North American Menopause Society's Media Award,

FEELING GOOD? WANT TO KEEP IT THAT WAY?

for her work in expanding the understanding of menopause. She's the host of Balance: Television for Living Well, the medical consultant for CTV National News and Canada AM, and writes a bi-weekly column in The Globe and Mail. Dr. Marla has her own practice too.

Zoomer Talk Theatre is two full days of ideas, inspiration and fun, showcasing Dr. Marla and other renowned experts in fields like finance, travel, lifestyle and well-being.

Alongside Dr. Marla, you'll hear presenters like Chef Gary McBlain and dietician Andrea Sturk, out to challenge your assumptions about senior's dining; Sgt. Bob Paterson,

former OPP officer and member of the Toronto Ambulance Service, on safety for seniors; and two-time Olympian, World Cup downhill champion, and author, Cary Mullen, who'll give his tips on buying retirement, investment, and beachfront property.

The first 50 guests to attend Carey's talk (on Saturday, October 29, 9 am) get a free CD of Christmas music, courtesy of EMI.

Your admission to Zoomer Talk Theatre is free when you purchase a ticket to the Aspirin81mg ZoomerShow. Presentations start at 9:30 a.m., at approximately 30-minute intervals, and continue throughout the day.

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Stay healthy at the Zoomer Flu Clinic, featuring a brand new formulation specifically designed for those 65 and over.

Stimulate your body with a lawn bowling lesson, delivered by the pros.

Stimulate your mind at the Zoomer Art Exhibition & Café, curated by the legendary Moses Znaimer. This year's theme is Timeless: ZOOMERS and Immortality. Opening reception: October 29 at 1 pm.

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FUN AND FRUGAL

LESLEY SCORGIE
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A rotten economy makes extravagant dating nearly impossible.

Forget full-priced tickets to Arcade Fire or a romantic helicopter ride. I double dare you to use a coupon on your next date. According to CouponCabin's October 2011 survey, nearly 20 per cent of adults have used a coupon on their first date and received a positive reaction. Meanwhile, 75 per cent said they wouldn't be offended if their date used a coupon to pay.

Times have changed and it's no longer frowned upon to be frugal while dating. In fact, if frugality is one of your core values, saving money while dating is a great way to test whether

your partner is financially compatible with you.

Downsize your date and focus on spending free quality time together. Grab a java and go for a walk. Play a game of tennis or Monopoly. If you're into old movies, rent DVDs from the library. Go grocery shopping and cook a meal rather than eating out.

Date online. Join dating communities like eHarmony and use coupons for your membership. Plus, you can pre-screen your date so you don't waste time and money getting to know someone who's incompatible with you.

Before you use a coupon, gauge whether your date would be cool with it or not. If you think they're into couponing, crack a joke about your Groupon deal of the day, and present the coupon to the server.

Saving money is sexy. Going into debt to impress a date is not.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



With household debt at historically high levels, small surprise that nearly half of all Canadians confess to living paycheck to paycheck.

And, judging by my inbox, many of you despair about ever getting ahead.

Forget the big picture for the moment. It just makes your head ache. Instead, focus on creating a little financial buffer by saving a few dollars on everyday expenses.

With winter approaching it's an excellent time to reduce your electricity footprint. I tackled mine three years ago.

My husband and I live in a leaky 160-year-old

Electricity costs:

- ▶ Clothes dryer: \$500 to \$1,000 annually
- ▶ Clothes washer: \$100 annually
- ▶ Old fridge or freezer: \$150 annually
- ▶ Heating and cooling: 60 per cent of total electricity bill

stone house so our experience won't match a townhouse dweller. Still, every buck not spent is a buck back in your pocket.

With very little effort we saved at least \$150 a month, or \$1,800 a year.

1. I had an ancient fridge in my basement chugging away. The Ontario Power Authority hauled it away (and will still do so) for free.

Check your own jurisdiction. BC Hydro, for instance, picks up 10 to 24 cubic foot fridges gratis

and gives you \$30 to boot.

2. I've always been pretty good at turning off lights but I went one step further, turning off power bars, the satellite receiver and everything else that had a standby setting.

3. We changed to incandescent bulbs in low traffic, non-reading areas.

We initially switched everything but found they didn't provide enough illumination for intensive reading or computer work.

4. We weather-stripped, caulked like crazy and applied plastic film to windows facing the north westerly's.

5. The temp got tweaked and we adapted pretty well to higher air conditioning and lower heat settings. I estimate that about \$80 of that \$150 monthly savings was through heating and cooling alone.

6. It's become a matter of pride in our house that



▶ Alison's money rule: Nibbling away at electricity expenses will put nearly \$24,000 in my pocket.

we use the dryer only for emergencies — for example, when it's 10 p.m. and someone forgot to hang out the sheets. I now actually prefer the crinkly feel of air-dried clothes and no longer use those icky anti-static sheets.

Voilà! \$150 saved monthly = \$23,636 over 10 years at an average five per cent rate of return. Even more if you put it in your RESP or RRSP.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

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DIG DEEPER WHEN COMPLAINTS COME IN

► Company's failure to properly investigate negative allegations relating to manager cost it case in court

WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO
EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN



Having just been advised of the less than impressive results of an "employee satisfaction

survey" at the National Bank's branch in Vaughan, On., Adrian Chandran, the senior manager at the branch, was in shock.

To Chandran's dismay, many of his subordinates accused him of making condescending remarks, embarrassing others and behaving like a bully. Some claimed they contemplated seeking legal advice. Chandran asked



► Your boss may rule with an iron fist, but complaining about it to the powers-that-be should never result in immediate discipline until the claims are thoroughly investigated.

for the specifics of those complaints so that he could defend himself, but his request was denied.

Convinced that Chandran's supervisory duties

should be taken away from him because of the complaints, the bank gave him the option of choosing between two available non-supervisory roles.

Both alternative positions were at lower grade levels, although Chandran's salary would not initially change. He was then warned that behaviour

similar to that which led to the employee complaints would be grounds to terminate him for cause.

Chandran argued that either of the two alternative positions offered to him were tantamount to a demotion and that, based on the bank's decision to discipline without first allowing him to defend himself, he had lost all trust in the bank. Chandran felt that he was entitled to leave but still entitled to severance.

At a recent trial, the court sided with Chandran. It concluded that one of the distinguishing features of this case was the bank's decision to impose discipline against Chandran without a proper investigation. Although Chandran may have engaged in the conduct that he was ac-

cused of, the bank's failure to properly investigate effectively prevented it from relying on that conduct at trial. This fact, coupled with Chandran's perceived demotion, justified his resignation with pay. Chandran was awarded severance and his legal costs.

The human resources lessons are clear: employers should pause before blindly accepting allegations of harassment and bullying at work. As harassment is often in the eyes of the beholder, even the workplace bully should have a full and frank opportunity to defend himself. To do otherwise flirts with a significant lawsuit.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.



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4
sports

Quoted



"Jose's performance this year is not only a reflection of his tremendous talent but a testament to his work ethic and determination to be the best player possible. He is a true leader."

BLUE JAYS MANAGER JOHN FARRELL ON TORONTO RIGHT FIELDER JOSE BAUTISTA. BAUTISTA, PICTURED, WON HIS SECOND-STRAIGHT HANK AARON AWARD AS THE MOST OUTSTANDING OFFENSIVE PERFORMER IN THE AL YESTERDAY AFTER VOTES BY FANS AND A PANEL OF HALL OF FAMERS WERE TALLIED.

Jagr shows flashes of past at Leafs' expense

► Czech winger's pair of goals overshadowed by scary injury to Flyers captain Pronger who was struck in face by errant stick of Toronto's Grabovski



All Danny Briere could hear were the agonizing screams. Chris Pronger buried his face in his hands after taking a brutal blow to the outside of the right eye, fearful of the worst for his eyesight.

Hunched over, Pronger skated straight to the bench, his hands over his eyes.

"I knew he was in trouble and needed help," said Briere, who skated with Pronger to the bench.

The Flyers captain, will miss two to three weeks and spend the next few days on bed rest, putting a scare into Philadelphia's 4-2 win over the Toronto Maple Leafs last night.

"He was hit on the side, and there's a lot of swelling," Flyers general manager Paul Holmgren said. "The hope is that there's not a lot of blood buildup there where it will create issues."

Pronger and Toronto's



► Jonas Gustavsson stops the Flyers' Jaromir Jagr in Philadelphia last night.

Mikhail Grabovski sprinted for a loose puck on a rebound off Flyers goalie Sergei Bobrovsky in the first period. Grabovski slapped at the puck, but his stick connected with Pronger's and the blade shot straight up into the defenceman's face.

Pronger does not wear a visor. Holmgren said Pronger would not be cleared to play unless he wears one.

Grabovski was not penalized for the play because it came on a shot.

Jaromir Jagr and Scott

Hartnell each scored their first two goals of the season. They were Jagr's first NHL goals since April 6, 2008. He left to play three seasons in Russia before signing with the Flyers.

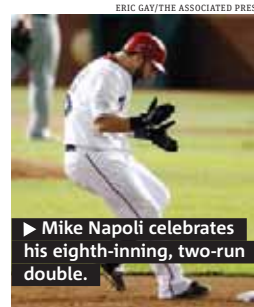
"I needed it," Jagr said. "I feel a lot better right now than I have, that's for sure. I changed everything: the skate, gloves, I got hit in the head during warm-ups, so that helped."

Hartnell put the Flyers ahead 2-1 and added an insurance goal in the third, helping the Flyers snap a two-game losing streak.

Phil Kessel opened the scoring early in the first period for his NHL-best ninth goal. Kessel fired from the circle and scored on Toronto's first shot of the night. Bobrovsky was perfect from there until David Steckel beat him midway through the third that cut Philadelphia's lead to 3-2.

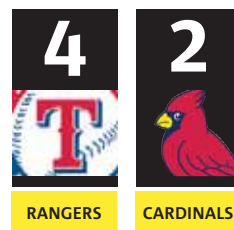
But Jagr put any thought of a late-game Leafs comeback to rest when he got all alone on a breakaway for the easy score on Leafs backup Jonas Gustavsson to make it 4-2.

THE ASSOCIATED PRESS



► Mike Napoli celebrates his eighth-inning, two-run double.

Rangers a win away from first world title



Mike Napoli hit a tiebreaking two-run double in the eighth inning and the Texas Rangers rallied to beat the St. Louis Cardinals 4-2 last night, taking a 3-2 World Series lead.

Solo home runs by Mitch Moreland in the third and Adrian Beltre in the sixth off Chris Carpenter sparked the Texas comeback from a two-run deficit.

Michael Young doubled off loser Octavio Dotel leading off the eighth.

Darren Oliver got the win in relief of C.J. Wilson, and Neftali Feliz finished for the save, striking out Albert Pujols as part of a double play when Allen Craig was caught stealing second.

Game 6 is tomorrow night in St. Louis.

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ABELIMAGES/GETTY IMAGES



► Toronto FC's Ashtone Mogan waves to fans after the team's final MLS game of the season against the New England Revolution on Saturday at BMO Field.

TFC talk progress after yet another failed playoff bid

► Coach says club is on 'right track' ► Toronto fans have yet to see a post-season berth in club's five-year history

Calling it a tale of two seasons, Toronto FC players and coaches say the team is headed in the right direction despite again missing the playoffs.

Under new coach Aron Winter and assistant Bob de Klerk, Toronto finished with a 6-13-15 record, but showed signs of promise as the season ended. The MLS side also turned heads by qualifying for the quarter-finals of the CONCACAF Champions League.

Winter fell short of saying it's playoffs or bust in 2012, but pointed to the team's improvement in the second half of the season. "We are on the right track but we are (still) not there," the Dutch coach said yesterday as the team met the media.

"Next season we're going to start from the beginning to give everything to get at least into the playoffs," Winter added. "But we always say we are here not for the short-term, we are here for the long-term... we are still building."

In January, Winter and de Klerk took over a franchise that seemingly had gone backwards.

They came in with a vi-

59

Central defence remains a worry for Toronto FC after season-ending injuries to Adrian Cann and Dico Williams and a league-worst 59 goals against.

sion, introducing the Dutch concept of "total football" where every position has a designated role.

"I remember the first couple of games it was almost like them speaking another language," midfielder Julian de Guzman said. "And no one really understood what they wanted from each individual."

"I think that's why they were forced to make certain changes at the mid-point of the season."

Winter essentially remade the roster in July. He brought in designated players Torsten Frings and Danny Koevermans and seven others.

Winter and Paul Mariner, director of player development, say they still have holes to fill.

"We're under no illu-



"Now that they've got the guys that they want, it feels more like a team. Everyone comprehends the system very well ..."

TORONTO FC MIDFIELDER JULIAN DE GUZMAN ON A CHANGE OF PHILOSOPHY UNDER COACH ARON WINTER

sions that we've got more work to do," said Mariner.

The team braintrust is able to point to the start of construction of Toronto's new training ground. Academy graduates like Ashtone Morgan, Matt Stinson and Doneil Henry have been success stories this season.

Goalies Stefan Frei and Milos Kocic have shown they are good enough to start.

And Winter and de Klerk say the league's intricate roster and salary rules will not be as foreign to them next season.

THE CANADIAN PRESS

NFL

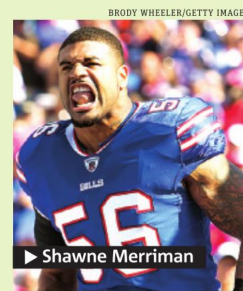
Bills ailing ahead of trip to T.O.

Even with a week to heal some wounds to key players, the Buffalo Bills are still hurting.

After enjoying the bye following a disappointing loss to the New York Giants in Week 6, the Bills (4-2) returned to practice yesterday to begin preparations for their annual "home" game in Toronto against the Washington Redskins on Sunday.

But hopes that the time off would help linebacker Shawne Merriman's right Achilles and left tackle Demetrius Bell's shoulder ailment faded when the two were unable to participate in the workout.

Merriman tweaked his Achilles in practice the Thursday before the Giants game, and couldn't



► Shawne Merriman

play. At the time, Merriman said he didn't think the injury was bad enough to keep him from missing a significant amount of time, but coach Chan Gailey said the Achilles isn't making as much progress as everyone had thought.

"We're going to try and continue to work with him and see where this goes," Gailey said. "If we get to Wednesday or Thursday and things haven't gotten a lot better, then we may have to rule him out for the weekend."

The Bills were also hopeful that the starting left tackle Bell would be

able to play against the Redskins after he missed the past two games with a shoulder injury sustained in Week 4. But Bell is still not 100 per cent, and likely won't be ready.

Making matters worse is that Bell's replacement, rookie Chris Hairston, has a right ankle injury that will keep him out for at least a couple more weeks. If Bell can't play, starting left guard Andy Levitre will slide to tackle, and backup Chad Rinehart will take over at left guard.

Buffalo did get some good news regarding line-backer Chris Kelsay. The veteran has missed the past two games because of a calf injury, but was able to practise yesterday and could be ready to play against the Redskins.

Kelsay's return should help bolster a Bills defence that has dropped to 31st in the league. They've allowed an average of 379 total yards, including 141 on the ground.

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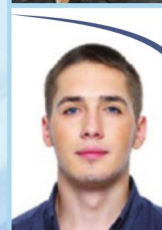
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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	7	7	0	0	0	30	14	14	5-0-0-0	2-0-0-0	7-0-0-0	W7
d-Pittsburgh	10	6	2	1	1	30	22	14	3-1-1-0	3-1-0-1	6-2-1-1	W3
d-Toronto	8	5	2	1	0	26	27	11	4-0-1-0	1-2-0-0	5-2-1-0	L1
Philadelphia	8	5	2	1	0	29	21	11	2-2-1-0	3-0-0-0	5-2-1-0	W1
Buffalo	7	5	2	0	0	20	13	10	1-1-0-0	4-1-0-0	5-2-0-0	L1
Florida	8	5	3	0	0	20	19	10	2-1-0-0	3-2-0-0	5-3-0-0	W2
Carolina	8	3	3	2	0	22	27	8	1-1-0-0	2-2-2-0	3-3-2-0	L2
Tampa Bay	8	3	3	0	2	25	27	8	2-1-0-0	1-2-0-2	3-3-0-2	W2
New Jersey	6	3	3	0	1	13	16	7	2-1-0-1	1-1-0-0	3-2-0-1	L2
NY Islanders	6	3	3	0	0	14	14	6	3-1-0-0	0-2-0-0	3-3-0-0	L2
NY Rangers	6	2	2	1	1	12	12	6	0-0-0-0	2-2-1-1	2-2-1-1	L1
Ottawa	8	3	5	0	0	24	34	6	3-2-0-0	0-3-0-0	3-5-0-0	W2
Boston	8	3	5	0	0	19	19	6	2-4-0-0	1-1-0-0	3-5-0-0	L1
Winnipeg	7	2	4	0	1	16	25	5	2-1-0-0	0-3-0-1	2-4-0-1	W1
Montreal	8	1	5	1	1	18	26	4	0-3-1-1	1-2-0-0	1-5-1-1	L6

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Colorado	8	6	2	0	0	26	20	12	0-2-0-0	6-2-0-0	6-2-0-0	W1
d-Dallas	8	6	2	0	0	19	15	12	4-0-0-0	2-2-0-0	6-2-0-0	L1
d-Detroit	6	5	1	0	0	19	14	10	3-0-0-0	2-1-0-0	5-1-0-0	L1
Los Angeles	7	5	1	0	1	17	10	11	3-0-0-0	2-0-0-1	5-1-0-1	W4
Chicago	7	4	1	0	2	24	18	10	2-1-0-0	2-1-0-0	4-1-0-2	L1
Vancouver	8	4	3	0	1	22	23	9	2-1-0-1	2-2-0-0	4-3-0-1	W2
Minnesota	8	3	2	2	1	18	20	9	2-1-1-0	1-1-1-1	3-2-2-1	L1
Anaheim	7	4	3	0	0	16	18	8	2-1-0-0	1-1-0-0	4-3-0-0	L2
Edmonton	7	3	2	0	2	13	12	8	3-2-0-1	1-1-0-1	3-2-0-2	W1
St. Louis	8	4	4	0	0	22	24	8	2-1-0-0	2-3-0-0	4-4-0-0	W2
Phoenix	7	3	3	0	1	20	22	7	1-2-0-0	2-1-0-1	3-3-0-1	W1
Nashville	7	3	3	0	1	15	20	7	0-1-0-1	3-2-0-0	3-3-0-1	W1
San Jose	6	3	3	0	0	18	16	6	1-2-0-0	2-1-0-0	3-3-0-0	W2
Calgary	7	2	4	1	0	15	20	5	1-2-1-0	1-2-0-0	2-4-1-0	L2
Columbus	8	0	7	0	1	17	29	1	0-3-0-1	0-4-0-0	0-7-0-1	L8

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Florida 2 Montreal 1
Philadelphia 4 Toronto 2
N.Y. Rangers at Winnipeg

Sunday's result

Phoenix 5 Anaheim 4

Tonight's games

All Times Eastern

Tampa Bay at Buffalo, 7 p.m.
Pittsburgh at N.Y. Islanders, 7 p.m.
Ottawa at Carolina, 7 p.m.
Detroit at Columbus, 7 p.m.
San Jose at Nashville, 8 p.m.
Anaheim at Chicago, 8:30 p.m.
Vancouver at Edmonton, 9:30 p.m.
Dallas at Phoenix, 10 p.m.
New Jersey at Los Angeles, 10:30 p.m.
Tomorrow's games
Philadelphia at Montreal, 7:30 p.m.
Colorado at Calgary, 9 p.m.
St. Louis at Vancouver, 10 p.m.

FLYERS 4, MAPLE LEAFS 2

First Period

1. Toronto, P.Kessel 9 (Lupul, Liles) 6:11
2. Philadelphia, Jagr 1 (Giroux, Timonen) 16:22 (pp)

Penalties — Grabovski Tor (high-sticking) 0:28, Shelley Pha (roughing) 3:46, Lupul Tor (double high-sticking) 14:31, L.Schenn Tor, Talbot Pha (roughing), Carle Pha (hooking) 19:20.

Second Period

3. Philadelphia, Hartnell 1 (Briere) 15:46 (pp)

Penalties — Komisarek Tor (interference) 14:15, MacArthur Tor (high-sticking) 20:00.

Third Period

4. Philadelphia, Hartnell 2 (Giroux, Jagr) 8:34

5. Toronto, Steckel 3 (Frattin, Lombardi) 11:34

6. Philadelphia, Jagr 2 (Hartnell, Timonen) 15:15
Penalty — Briere Pha (goaltender interference) 1:42.

Shots on goal by

Toronto 5 12 9 26
Philadelphia 9 10 11 30

Goal — Toronto: Gustavsson (L,1-2-0); Philadelphia: Bobrovsky (W,2-0-0). **Power plays (goals-chances)** — Toronto: 0-3; Philadelphia: 2-5.

Referees — Rob Martell, Brad Meier. **Linesmen** — Bryan Panich, Pierre Racicot.

Attendance — 19,569 (19,537) at Philadelphia.

PANTHERS 2, CANADIENS 1

First Period

1. Montreal, Pacioretty 3 (Diaz, Desharnais) 3:08 (pp)

2. Florida, Fleischmann 2 (Versteeg) 15:59 (pp)
Penalties — Koepke Fla (tripping) 1:31, Upshall Fla (interference) 12:32, Gorges Mtl (roughing) 15:35.

Second Period

No Scoring.

Penalties — Subban Mtl (holding stick) 12:03, Pacioretty Mtl (slashing) 16:31.

Third Period

3. Florida, Upshall 1 (Kulikov, Koepke) 5:02

Penalty — Garrison Fla (hooking) 19:10.

Shots

Florida 9 14 8 31
Montreal 14 13 14 41

Goal — Florida: Markstrom (W,2-1-0); Montreal: Budaj (L,0-1-0). **Power plays (goals-chances)** — Florida: 1-3. Montreal: 1-3.

Referees — Greg Kimmerly, Tim Peel. **Linesmen** — Lonnie Cameron, Derek Nansen.

Attendance — 21,273 (21,273) at Montreal.

NFL

WEEK SEVEN

AMERICAN CONFERENCE

EAST						
	W	L	T	Pct	PF	PA
New England	5	1	0	.833	185	135
Buffalo	4	2	0	.667	188	147
N.Y. Jets	4	3	0	.571	172	152
Miami	0	6	0	.000	90	146
SOUTH						
	W	L	T	Pct	PF	PA
Houston	4	3	0	.571	182	131
Tennessee	3	3	0	.500	112	135
Jacksonville	1	5	0	.167	72	132
Indianapolis	0	7	0	.000	111	225

NORTH						
	W	L	T	Pct	PF	PA
Baltimore	4	1	0	.800	148	71
Pittsburgh	5	2	0	.714	151	122
Cincinnati	4	2	0	.667	137	111
Cleveland	3	3	0	.500	97	120
WEST						
	W	L	T	Pct	PF	PA
San Diego	4	2	0	.667	141	136
Oakland	4	3	0	.571	160	178
Kansas City	3	3	0	.500	105	150
Denver	2	4	0	.333	123	155

NATIONAL CONFERENCE

EAST						
	W	L	T	Pct	PF	PA
N.Y. Giants	4	2	0	.667	154	147
Dallas	3	3	0	.500	149	128
Washington	3	3	0	.500	116	116
Philadelphia	2	4	0	.333	145	145
SOUTH						
	W	L	T	Pct	PF	PA
New Orleans	5	2	0	.714	239	158
Tampa Bay	4	3	0	.571	131	169
Atlanta	4	3	0	.571	158	163
Carolina	2	5	0	.286	166	183

NORTH						
	W	L	T	Pct	PF	PA
Green Bay	7	0	0	1.000	230	141
Detroit	5	2	0	.714	194	137
Chicago	4	3	0	.571	170	150
Minnesota	1	6	0	.143	148	178
WEST						
	W	L	T	Pct	PF	PA
San Francisco	5	1	0	.833	167	97
Seattle	2	4	0	.333	97	128
Arizona	1	5	0	.167	116	153
St. Louis	0	6	0	.000	56	171

Byes: Buffalo, Cincinnati, N.Y. Giants, New England, Philadelphia, San Francisco

Last night's result

Baltimore at Jacksonville

Sunday's results

Atlanta 23 Detroit 16

Carolina 33 Washington 20

Cleveland 6 Seattle 3

Dallas 34 St. Louis 7

Denver 18 Miami 15 (OT)

Green Bay 33 Minnesota 27

Houston 41 Tennessee 7

Kansas City 28 Oakland 0

N.Y. Jets 27 San Diego 21

Pittsburgh 32 Arizona 20

New Orleans 62 Indianapolis 7

At London

Chicago 24 Tampa Bay 18

MLB PLAYOFFS

WORLD SERIES

(Best-of-7)

ST. LOUIS (N.L.) VS. TEXAS (A.L.)

(Series tied 2-2)

Last night's result

St. Louis at Texas

Sunday's result

Texas 4 St. Louis 0

Tomorrow's game

All Times Eastern

Texas (Lewis 14-10) at St. Louis (Garcia 13-7), 8:05 p.m.

Thursday's game

x-Texas at St. Louis, 8:05 p.m.

x — played only if necessary.

PREVIOUS RESULTS

Wednesday, Oct. 19

St. Louis 3 Texas 2

Thursday, Oct. 20

Texas 2 St. Louis 1

Saturday, Oct. 22

St. Louis 16 Texas 7

GAME 4

RANGERS 4, CARDINALS 0

St. Louis	ab	r	h	bi	Texas	ab	r	h	bi
Furcal ss	3	0	0	0	Kinsler 2b	3	0	1	0
Craig lf	3	0	0	0	Andrus ss	4	1	2	0
Pujols 1b	4	0	0	0	J.Hmltn cf-ff	4	0	1	1
Holliday if	4	0	0	0	MiYong dh	3	0	0	0
Bkinn dh	3	0	2	0	ABeltre 3b	4	0	0	0
Freese 3b	3	0	0	0	N.Cruz rf	2	1	1	0
YMolin c	3	0	0	0	DvMpr lf	2	1	0	0
Jay cf	2	0	0	0	Gentry cf	0	0	0	0
Theriot ph	1	0	0	0	Napoli c	2	1	1	3
Scmhr cf	0	0	0	0	Morind 1b	4	0	0	0
Pinto 2b	2	0	0	0					
Totals	28	0	2	0	Totals	28	4	6	4

St. Louis	IP	H	R	ER	BB	SO
E.Jackson L,0-1	51-3	3	3	3	7	3
M.Boggs	12-3	2	1	1	0	3
Westbrook	1	1	0	0	1	0

D.Holland W,1-0 81-3 2 0 0 2 7
Feliz 2-3 0 0 0 0 1 1
Umpires—Home, Ron Kulpa; First, Ted Barrett; Second, Gary Cederstrom; Third, Jerry Layne; Right, Alfonso Marquez; Left, Greg Gibson.
T—3:07. A—51,539 (49,170).

SOCCER

MLS PLAYOFFS

All Times Eastern

WILD CARDS

(single-game elimination)

Tomorrow's game

New York at FC Dallas, 9 p.m.

Thursday's game

Columbus at Colorado, 10 p.m.

CFL

WEEK 18

All Times Eastern

EAST DIVISION							
	GP	W	L	T	PF	PA	Pt
x-Winnipeg	16	10	6	0	386	375	20
x-Montreal	16	10	6	0	487	399	20
x-Hamilton	16	8	8	0	462	426	16
Toronto	16	4	12	0	337	460	8
WEST DIVISION							
	GP	W	L	T	PF	PA	Pt
x-Edmonton	16	10	6	0	384	352	20
x-B.C.	16	9	7	0	439	364	18
x-Calgary	16	9	7	0	449	425	18
Saskatchewan	16	4	12	0	307	456	8

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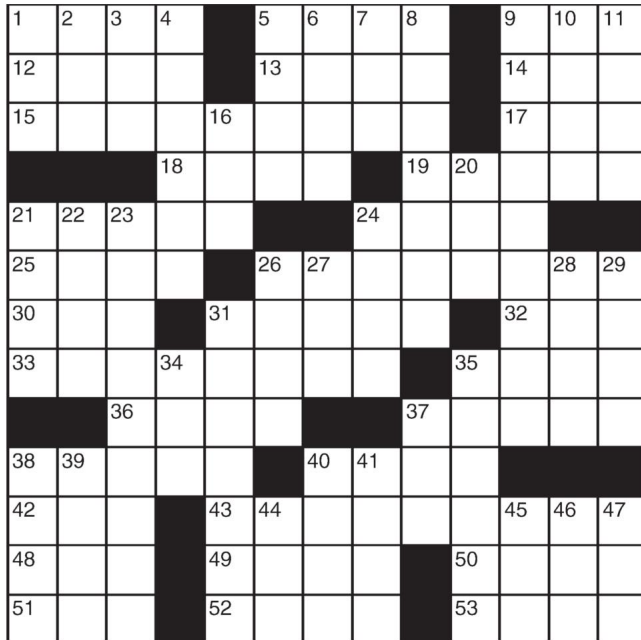
Crossword

Across

- 1 Send forth
5 "— company, ..."
9 Scepter
12 Broad
13 Furnace output
14 — out a living
15 Find not guilty
17 Savings plan acronym
18 Person, place or thing
19 "Loves me (not)" determinant
21 Had a home-cooked meal
24 Old woman's home?
25 Coffee vessels
26 Company agent
30 Money of Moldova
31 "The Age of Anxiety" poet
32 Brewery product
33 Insisted on
35 List-ending abbr.
36 Historic times
37 Concerning
38 More angry
40 Macadamize
42 Lawyers' org.
43 Work together
48 Obtain
49 Camel feature
50 Singer Campbell
51 Sailor's assent
52 Puppies' calls
53 Harvard rival

Down

- 1 Lamb's mama
2 Blend
3 Altar affirmative
4 Serena's game



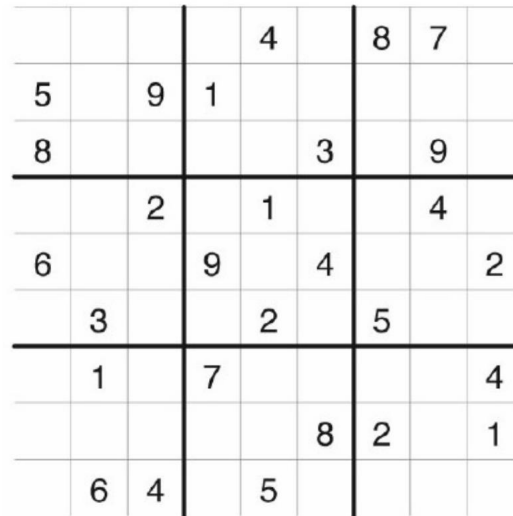
- 5 From one end to t'other
6 Slowly withdraw (from)
7 Cereal tidbit
8 Sondheim or Colbert
9 Say again
10 Veggie in Creole cooking
11 Transaction
16 Lo-o-ong time
20 Dawn goddess
21 "— Lang Syne"
22 Genealogy chart
23 Count
24 Coaster

- 26 Lather
27 Citric quaff
28 Verve
29 Hide
31 Lawlessness
34 Exist
35 Vim
37 Thoroughfare (Abbr.)
38 Long story
39 Do as you're told
40 "— and Circumstance"
41 iPad downloads
44 French assent
45 Carte lead-in

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

8	9	6	4	2	7	1	3	5
2	4	5	1	6	3	7	9	8
7	1	3	5	8	9	4	6	2
3	5	2	7	9	4	6	8	1
1	8	4	2	5	6	9	7	3
6	7	9	3	1	8	5	2	4
4	3	8	6	7	5	2	1	9
9	6	1	8	4	2	3	5	7
5	2	7	9	3	1	8	4	6

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Melzy,
I love yew seww much and I will always be there when you are wondering 'who am I?' I love to speak whale with you. Dear..Mr.. Royal..Hampton.. I hope you will see this and we will laugh about it over our morning fogs. <3 <3 <3
DOC

Walty Sweezy,
I am going to miss you so so much. Please take good care of Betsy & keep her company. Tell her I'll be back before she knows it & in the meantime I'd want her to have many adventures & write to me about them. Love you both :)
STEFANIE L.

Today's horoscope

♈ **Aries** March 21-April 20 What seemed so simple yesterday won't look quite so simple today, but tomorrow it will all make perfect sense again.
♉ **Taurus** April 21-May 21 There seems to be some confusion in your life at the moment, but don't worry, nothing bad will come of it.
♊ **Gemini** May 22-June 21 You should own up to your secret and move on.
♋ **Cancer** June 22-July 22 Be patient with your expectations of people.
♌ **Leo** July 23-Aug. 23 It would be a mistake to give up on something

just because you can't understand what it's supposed to be about.
♍ **Virgo** Aug. 24-Sept. 22 You have a nasty habit of telling yourself that you are not good enough to succeed but that's nonsense.
♎ **Libra** Sept. 23-Oct. 23 You often find it hard to make up your mind.
♏ **Scorpio** Oct. 24-Nov. 22 Don't make any hard or fast relationship decisions just yet.
♐ **Sagittarius** Nov. 23-Dec. 21 At some stage today you will realize that what you were hoping for is not going to happen, but that's actually pretty good news.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♑ **Capricorn** Dec. 22-Jan. 20 What occurs over the next few days will prompt you to accept that maybe you don't know it all.
♒ **Aquarius** Jan. 21-Feb. 18 You need to take a radically different approach in certain important areas of your life, particularly on the home front.
♓ **Pisces** Feb. 19-March 20. It is time to let go of something, or maybe someone, you have come to rely on a bit too much. It won't be easy, of course, but it can and must be done if you are to move on to better things.

● SALLY BROMPTON

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RYAN



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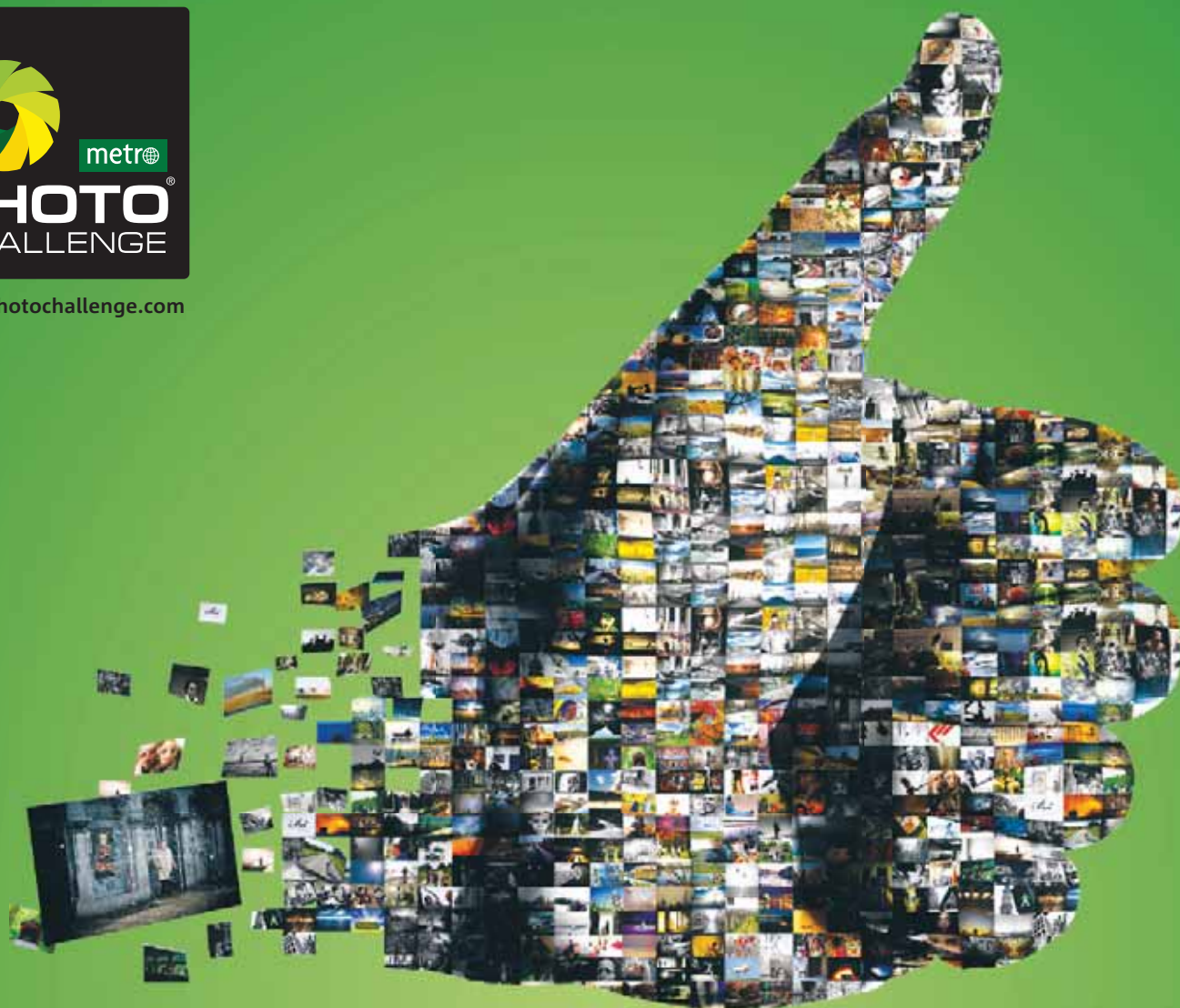
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